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Beer boom spurs hops shortage

Rising costs? Craft beer industry a victim of its own success

THANDI FLETCHER
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Trouble may be brewing in B.C.'s craft beer industry as local breweries worry that a growing shortage of a popular variety of hops could drive up beer prices.

"The Pacific Northwest hops are primarily what's causing the shortage," Ken Beattie, executive director for the B.C. Craft Brewers Guild, told Metro. "The popularity of those hops used in beers around the world has increased substantially and that is directly impacting the supply."

Hops are flowers that lend flavour and colour during the brewing process, but craft beers require significantly more hops to produce their distinctive taste and aroma. Those grown in the U.S. Pacific Northwest, like the cascade hop from the Yakima Valley, are a common variety for craft breweries and have seen a sudden surge in popularity in recent years.

Hops flowers, a key ingredient in the craft beer brewing process, are seen in a garden in Langley, Wash. DEAN FOSICK/THE ASSOCIATED PRESS FILE

In the past, the cascade hop was a favourite of American craft brewers. But as the craft beer industry has grown in popularity worldwide, Beattie said breweries worldwide are now also looking to experiment with cascade hops in their batches.

That increased demand coupled with a simultaneous decrease in the crop output of cascade hops has contributed to the shortage, he said.

And as the business of craft beer continues to boom in B.C., some local breweries are worried about what the shortage means for the prices of beer.

"Because craft beer relies so much on the extra level of hops in terms of both taste and aroma, this is definitely an issue to be concerned about," said Murray Langdon, general manager for Vancouver Island Brewery in Victoria.

B.C. is currently home to 70 craft breweries and another 17 are expected to open this year, compared to just 55 that were operating this time last year, according to the B.C. Craft Brewers Guild.

"That's just a staggering amount," said Langdon. "The sheer volumes that we're seeing in terms of production ... we're going to need more hops."

Hops Connect, a hops grower and distributor in Pemberton, has also noticed a jump in the price of hops of about $2 that the company pegs on rising demand from the many craft breweries popping up in the province.

As the popularity of craft beer continues to grow in B.C., Langdon said the supply shortage is only going to continue.

"Unless it can somehow be addressed by growers or producers, we're going to see these issues continue for a while," he said.

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BC Hydro's Site C dam

Hudson's Hope mayor wants review of project

With a provincial decision on BC Hydro's proposed Site C hydroelectric dam expected in September, the mayor of Hudson's Hope appealed to the province Wednesday for a review by the independent utilities regulator.

Gwen Johansson said there is still time for the B.C. Utilities Commission to examine the multibillion-dollar dam proposed in the Peace River Valley, as recommended by a federal environmental review panel.

"We want to see if, indeed, it is the best project," Johansson said at a news conference in Vancouver.

A Canadian Environmental Assessment Agency panel recommended in May that the proposal be referred to the province's commission for a detailed examination of project costs. The B.C. government had exempted Site C from review by the regulator, which rejected a previous incarnation. The $8-billion dam would be the largest provincial expenditure in the next two decades and could increase provincial debt by as much as 10 per cent, Johansson said.

"They seem to be pushing it through as quickly as they can," she said.

Alternatives like solar should be examined more closely before the province makes a commitment, said a review of the federal panel report commissioned by the district of Hudson's Hope, a community of 1,100 people that would see some of its land flooded should Site C go ahead.

THE CANADIAN PRESS

Looks like she's having a gas

Defending Gastown champion Leah Kirchmann was the winner of the Global Relay women's Gastown Grand Prix on Wednesday evening. Luke Keough won the men's race. B.C. Superweek continues today at Burnaby Heights with the Giro Di Burnaby and the Tour de White Rock from Friday to Sunday.

JENNIFER GAUTHIER/FOR METRO

Fraser Health revamp may include boundary revision

Audit results. Burnaby could fall within Vancouver Coastal Health's area after the province implements a new strategic plan

MATT KIELTYKA
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Burnaby could be swept under Vancouver Coastal Health's umbrella as the province begins restructuring troubled Fraser Health, according to B.C.'s health minister.

Terry Lake revealed Fraser Health's new strategic plan to media Wednesday, vowing steps will be taken to solve crowding issues, an over-reliance on emergency rooms and tackle poor patient outcomes following the results of a government-ordered audit.

"The average length of (hospital) stays is longer, which is not good for patients and is certainly more costly. It also means that you get congestion because you don't have the flow going so it backs up into the emergency department," said Lake. "When we look at hospital standardized mortality rates, we know there is work that needs to be done. We know the outcomes aren't as good as they could be compared to peer hospitals across Canada."

Fraser Health will be receiving an extra $60 million over two years to implement the strategic plan, though Lake insists the health authority's funding is keeping up with demand in the province's fastest-growing region.

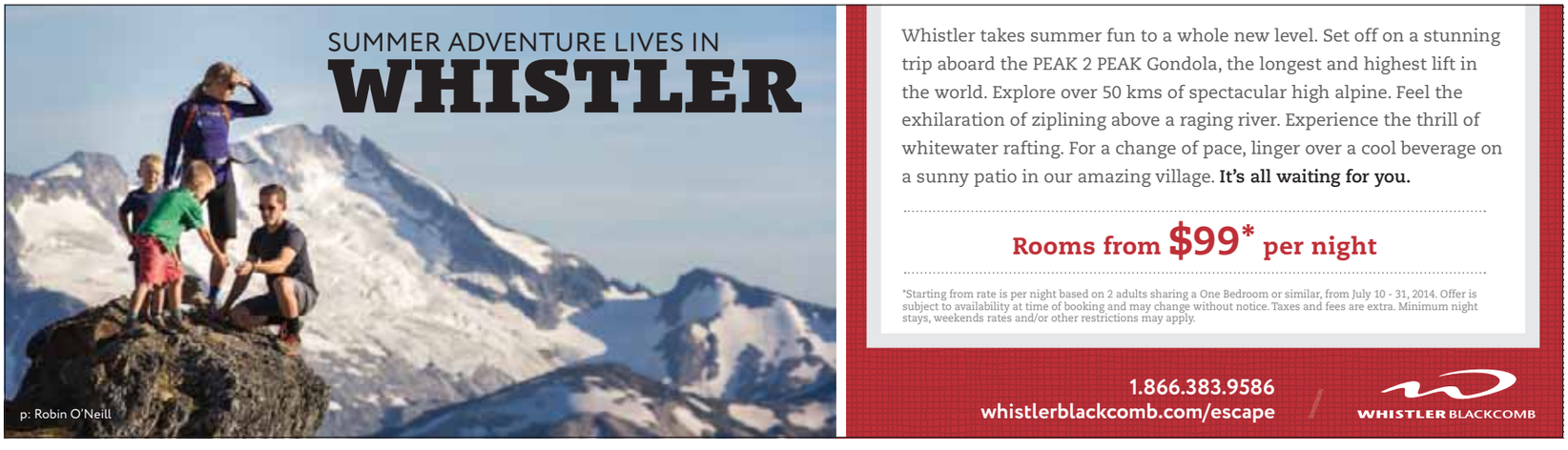
Among the priorities, Lake highlighted the need to shift patients from acute care in hospitals to services within the community. The region sees a high number of patients seeking hospital attention for relatively minor issues, he said.

NDP health critic Judy Darcy said the review and its proposed changes, in areas such as accountability, safety and governance, fall short.

"There is no commitment to sustained funding to bring the region in line with the rest of the province, and no commitments to more staff in hospitals," said Darcy in a statement.

The review of Fraser Health, ordered by government late last year, also found that there's a significant number of patients from Burnaby (which falls within the Fraser Health's jurisdiction) who get care in Vancouver.

Lake said he will spend the next year consulting with stakeholders to see whether a boundary realignment makes sense.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Italian Cultural Centre seeking informazioni on new generation

Online survey. Centre's director hopes to learn how younger Italian-Canadians view their culture as part of a plan to reinvigorate interest

STEFANIA SECCIA
vancouver@metronews.ca

Mauro Vescera, executive director of the Italian Cultural Centre, sits outside La Piazza Dario Italian Restaurant on Wednesday. JENNIFER GAUTHIER/METRO

The Italian Cultural Centre is trying to stay relevant in the face of its aging membership, which is why it's collaborating with Simon Fraser University to find out exactly what third-generation Italian youths want.

A survey to get a flavour for how third-generation Italians view their culture is part of the plan to reinvigorate interest in the Italian Cultural Centre, according to its executive director, Mauro Vescera.

"We own 4.3 acres here, we do have a deficit mortgage, but the value of the land is astronomical," he said. "Certainly it's nothing that's going to threaten the sustainability of the organization, but it's pretty clear with the demographics we face … there needs to be some renewal."

The deficit was incurred when the centre was built in 1977, and it remained over time because of renovations and upkeep. Vescera said the vision to make the centre pay for itself involves a redevelopment, but he said that plan has hit a wall because the older generation does not want to shake too much up at the centre.

"They're a bit afraid of taking that on and it's part of that generational conversation," he said. "I'm sure the second- and third-generation Italian-Canadians want it to be more vibrant, have more stuff here like sports, a cinema, theatre and a marketplace."

That's where the survey comes in, Vescera added, because it'll give the centre important information and perspective from youth — including how they see themselves culturally.

"Hopefully that information will give us a bit of a framework," he said. "It's a good baseline of information that will help us redefine ourselves moving forward and at the same time identify issues or opportunities."

SFU's Institute for Diaspora Research and Engagement's first online survey is intended to deepen the understanding of how diaspora identities evolve over time, according to Eva Sajoo, a research associate heading up the project.

"What do they want in terms of places to connect, more language and anything like that?" she asked. "That's of primary interest to the Italian Cultural Centre because they're looking for ways to be relevant to Italians and non-Italians."

For SFU, the survey is part of a larger academic discussion of understanding how diaspora populations evolve.

"It also has implications on how other communities think of themselves," Sajoo added.

Take the survey

If you're a third-generation Italian and want to fill out the brief online survey, visit sfu.ca/diaspora-institute.html.

Defence blasts payments to 'multi-murderer' witness at trial

A key Crown witness at a gang murder trial in Vancouver is an admitted killer who received "outrageous" cash payments and other benefits worth nearly $1.5 million — all public money — in exchange for his co-operation, a defence lawyer told court Wednesday.

The witness, known only as Person Y, testified at the trial of Cody Haevischer and Matthew Johnston, who are each charged with conspiracy and six counts of first-degree murder in the deaths of six people, including two innocent bystanders, in Surrey in October 2007.

Person Y, who was associated with the Red Scorpions gang, which the Crown alleges was behind the murder plot, testified about his own role in the conspiracy and claimed Johnston confessed to him.

Brock Martland, who represents Johnston, urged the judge hearing the case to be highly skeptical of Person Y, whose co-operation and testimony earned what many would consider to be a windfall.

Martland pointed to court exhibits that indicate Person Y cost taxpayers roughly $1.4 million, beginning when he became a police informant in early 2008.

Person Y received cash payments worth tens of thousands of dollars, a generous living allowance, money for a luxury car, tuition payments and other expenses — together worth almost $1 million, said Martland.

On top of that, Martland noted taxpayers also covered nearly $500,000 for Person Y's legal fees.

Martland condemned the payments as "outrageous, oversized benefits" to an "admitted multi-murderer."

"The question at this juncture is what effect these benefits had in shaping and influencing (Person Y's) evidence," Martland told a B.C. Supreme Court judge as he delivered final arguments at the murder trial.

"The very fact of such significant payments should prompt significant skepticism."

THE CANADIAN PRESS

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Northern B.C. Forest fire quadruples, poses threat to Alberta's boundary

A forest fire in northeastern B.C. has more than quadrupled in size in 24 hours and threatens to singe Alberta's boundary.

Information officer Jill Kelsh said the blaze about 60 kilometres southeast of Tumbler Ridge had grown to 3,100 hectares by Wednesday from the estimated 650 hectares on Tuesday.

Kelsh said the main concerns for crews are keeping the fire from oil and gas wellheads in the area and trying to stop it from spreading across the boundary into Alberta.

"I know that we'll be doing some burn off procedures and hopefully try to divert the fire from crossing the Alberta border."

About 200 people were removed on Monday from two oil and gas camps in the area.

Kelsh said the Wildfire Management Branch was working with personnel from the oil and gas firms to protect the wellheads and the work camps. She said most of the structures are metal and are surrounded by gravel, which gives added protection to the sites.

More fire crews were pouring into the area and Kelsh said they expect to have at least 100 firefighters battling the flames by late Wednesday, with the assistance of several helicopters and air tankers.

With no rain in the forecast, Kelsh said they have every expectation that the fire will continue to grow.

THE CANADIAN PRESS

Report. Province shines light on species at risk, outlines five-year plan

With about 50,000 plants and animals calling British Columbia home, the province boasts the highest wildlife diversity in Canada.

But a report released Wednesday states some, including the prehistoric-like white sturgeon and Vancouver Island's water-plantain buttercup, are under threat and need protection.

The report by the ministries of environment and forests, lands and natural resource operations sets out the government's expectations for the management of species facing risks over the next five years, concentrates on actions that can be taken, and suggests methods to involve the public in stewardship and protection efforts.

"All British Columbians have a responsibility to ensure species do not become more at risk of extinction or extirpation (local extinction)," states the report, Protecting Vulnerable Species: A Five-Year Plan for Species at Risk in British Columbia.

"Stewardship groups, conservation partners, First Nations, federal, provincial and local governments and others play an important role in the conservation of species at risk." THE CANADIAN PRESS

Car crashes into East Vancouver home

Police are investigating after a car crashed into an East Vancouver home on Wednesday. Vancouver police spokesman Const. Brian Montague says officers were called to the intersection of Pandora and Slocan streets at 2 p.m. when a vehicle ran off the road and into a home. A male driver was treated for minor injuries at the scene. No other injuries were reported. JENNIFER GAUTHIER/METRO

Domestic incident ends in two-hour police standoff

Rural Langley.
12-year-old boy injured by pellet gun, mother allegedly assaulted

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A Langley man is in police custody after an evening of drinking and pigeon shooting ended badly. Police say the man assaulted his wife, and their 12-year-old son was also injured after being shot with a pellet gun.

Mounties arrested the 40-year-old man around 10 p.m. Tuesday after a two-hour standoff outside the family's rural home in the 21,900-block of 64th Avenue, said Cpl. Holly Marks of Langley RCMP.

Police were called to the home just before 8 p.m. when the woman's brother called 911.

The woman, her husband and her brother had been drinking alcohol and shooting pigeons with a pellet gun, said Marks.

At some point, the husband and the couple's son wandered away from the group and the boy became injured when a pellet was lodged in his hip.

Marks said the boy's mother became upset and confronted her husband, who then allegedly assaulted her. Her husband then went inside their home, leaving the pellet gun behind while the rest of the family left the property and phoned police.

When officers arrived, the woman's brother told them there were may be other firearms in the house. As a precaution, police surrounded the home and evacuated several neighbouring homes.

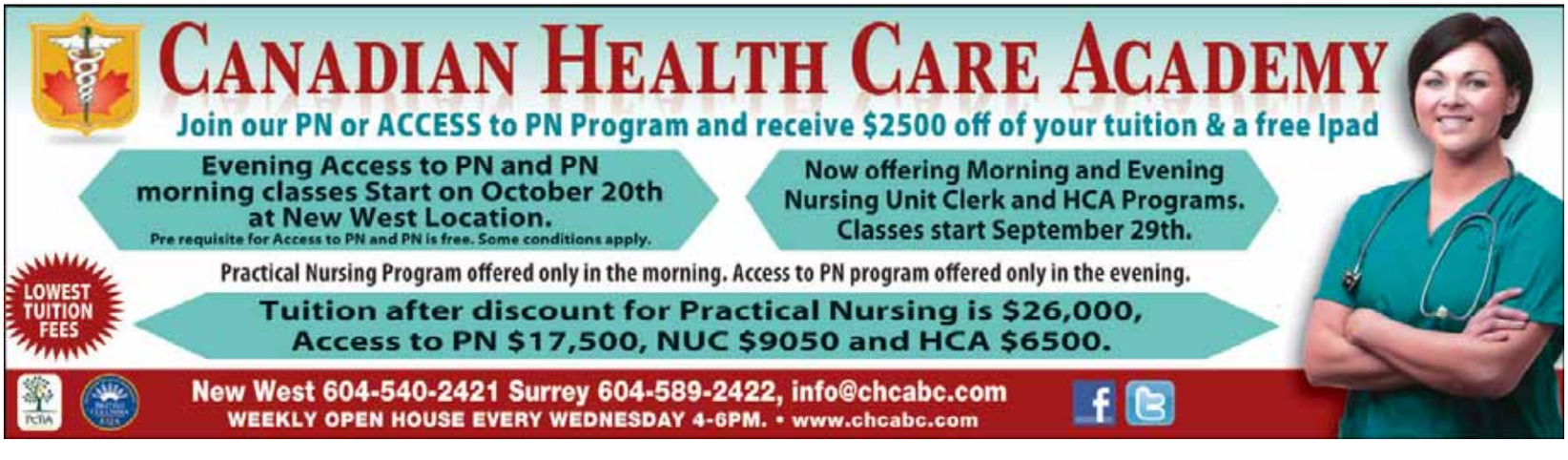
Around 10 p.m., a negotiator with the Lower Mainland Emergency Response Team was able to convince the man to leave the home without incident, said Marks.

The man, who has no history with police, was arrested and is expected to appear in court Wednesday.

Marks said the boy required surgery Wednesday to remove the pellet from his hip.

While the woman and the boy are expected to recover from their injuries, Marks said the incident appears to be a case of alcohol causing a situation to get out of hand.

"It's just a sad story," she said. "Fortunately there was no further injury after we attended and he turned himself in."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Developers race to build first certified passive house in the city

Specific standard. Passive homes avoid using mechanical systems for heating, cooling and lighting

There's a race happening right under the noses of Vancouverites, and it's to see who will build the first certified passive house in the city.

The passive house standard was first developed by physicists in Germany and discourages relying on mechanical systems for heating, cooling and lighting, but instead harnesses naturally occurring heat by incorporating simple solutions to building designs — including thicker walls and three-pane windows.

Monte Paulsen, a local certified passive house consultant with Red Door Energy Advisors, addressed Vancouver council on Wednesday to discuss the perks of building a development — be it a single-family home, condo building or office — to the international passive house standard.

"This guy, 30 years ago, was a PhD researcher in Germany and he started wondering how much more insulation you had to add to a building before it's a waste of money," Paulsen said. "How thick is too thick?"

About two-thirds of the energy used in a building is to heat itself, and Paulsen said in Vancouver about 55 per cent of all greenhouse gas emissions comes from buildings.

"So, if you're interested in reducing greenhouse gas emissions, it makes an awful lot of sense to look foremost at the largest provider of greenhouse gases and the largest share of greenhouse gas emissions from those buildings, which is heat and heat loss," he said.

The Rainbow Passive House in Whistler is among the first projects in B.C. certified to the international Passive House standard. CONTRIBUTED

While there are thousands of developments being built to the passive house standard across the world, it's still predominantly only popular in Europe. The oldest one in B.C. was built in 2009 in Whistler. There's one in Surrey, Langley, Nelson and Prince George, while there are two projects in Victoria.

But Paulsen says there are about five residential projects in Vancouver that are racing to be the first ones certified in the city.

"By applying the passive house standard, and I'm distinguishing from passive house design, to retrofit existing buildings, especially new buildings," he said,"the City of Vancouver could take huge steps towards meeting its goal of greenhouse gas reduction and … save money."

Money savings don't necessarily come by way of developing or retrofitting a house, but in savings on future energy bills.

"As energy prices rise in the future, you're saving more money," he said. "The really exciting thing about passive houses is (their) ability to save energy, reduce greenhouse gas emissions and also make life much more comfortable."

In 2009, the city released a report or toolkit for passive home design. However, Paulsen said it's quite broad. "Vancouver is a tougher place to get things permitted," he noted.

STEFANIA SECCIA/FOR METRO

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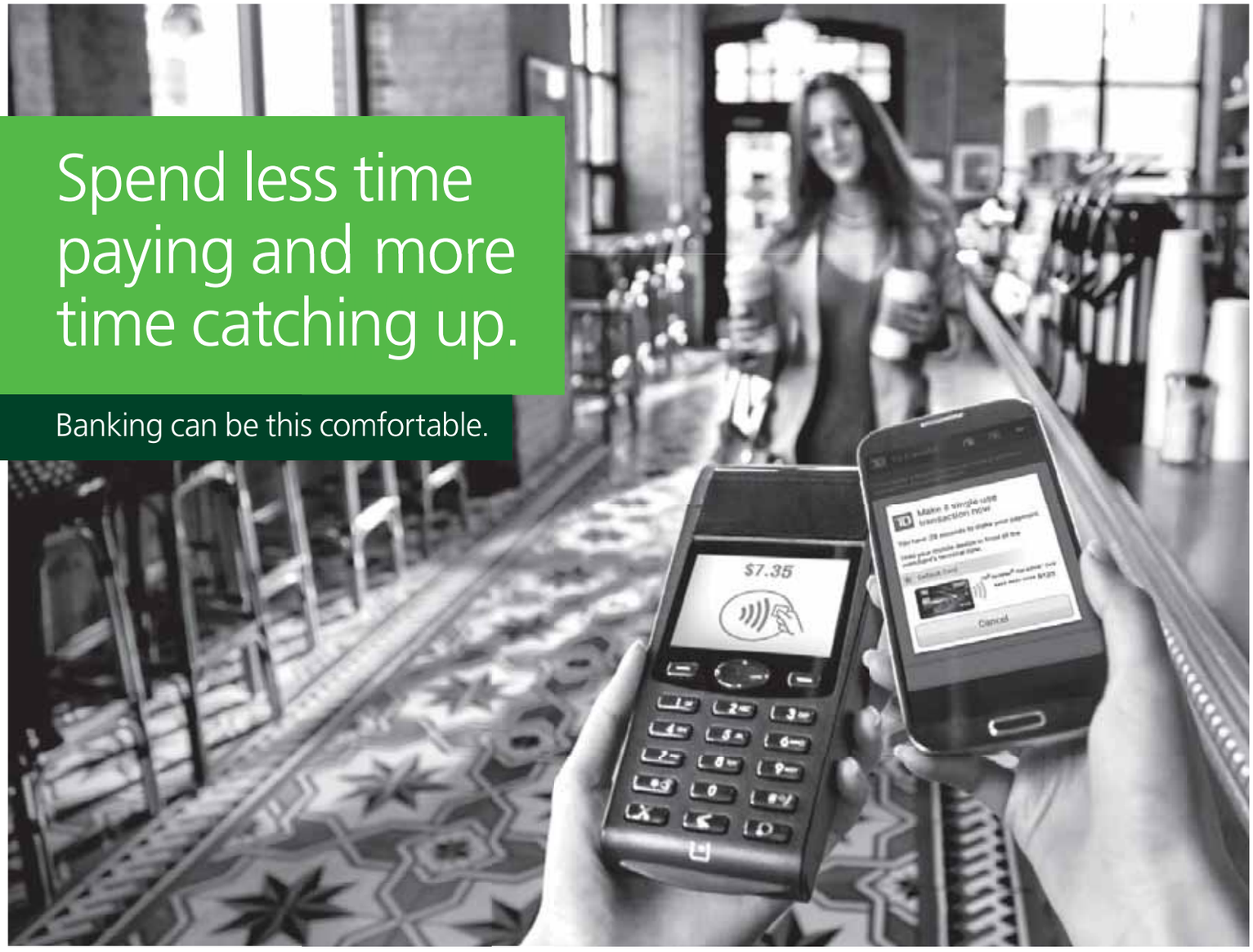

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Overdose. Alleged sex worker in court after Google exec dies on yacht

An alleged high-end prostitute accused of injecting heroin into a Google executive on his yacht in Santa Cruz and leaving him to die when he overdosed appeared in court on Wednesday on manslaughter and heroin charges.

Alix Tichelman, 26, in handcuffs and a red jumpsuit, did not enter a plea and was appointed a public defender. She is being held on $1.5-million bail.

Police are also investigating Tichelman in connection with a similar incident in another state, Santa Cruz Deputy Police Chief Steve Clark said. THE ASSOCIATED PRESS

Alix Tichelman
SANTA CRUZ POLICE/THE ASSOCIATED PRESS

Egging

Bieber gets two years' probation

Justin Bieber has pleaded no contest to a misdemeanour vandalism charge for throwing eggs at a home in his Calabasas neighbourhood, and he's been sentenced to two years' probation.

Bieber was also ordered to pay $80,900 in damages, complete five days of community labour and a 12-week anger-management program, and stay away from the victim and his family for two years.

The Grammy-nominated singer was not present for the Wednesday arraignment at Superior Court in Van Nuys, Los Angeles. THE ASSOCIATED PRESS

Anti-prostitution bill has major flaws, expert warns

Human rights issues. Adviser on Swedish anti-prostitution law, which Tories hope to emulate, says new bill may be unconstitutional

One of the architects of Sweden's anti-prostitution strategy — a model the Conservatives are trying to emulate — says the proposed new law is likely unconstitutional.

A provision of the Tory bill that still criminalizes prostitutes in some circumstances is also a violation of Canada's Charter of Rights and Freedoms, as well as international human rights obligations, lawyer Gunilla Ekberg said Wednesday.

Ekberg is a Canadian citizen who was an adviser for the Swedish government in the 1990s when it crafted a law that makes it illegal to be a pimp or a john, but not a prostitute.

The Harper government has tabled a similar bill in response to last year's decision by the Supreme Court of Canada.

Earlier, this week, Justice Minister Peter MacKay said he fully expects another challenge to the law, but he wouldn't say where it might be vulnerable.

Still, witness after witness, including Ekberg, sex workers, Manitoba's attorney general and a coalition of more than 200 legal experts, focused on the provision that still allows the police to arrest a prostitute under certain circumstances for communicating for the purpose of selling sex. THE CANADIAN PRESS

Critical

"It targets those who are victims of, first of all, a human rights violation, but also a crime."

Gunilla Ekberg

A sex trade worker is shown in downtown Vancouver. An expert says the federal Tories' draft law is likely unconstitutional. JONATHAN HAYWARD/THE CANADIAN PRESS

U.S. border officials decry immigrant children crisis

Top Obama administration officials told senators Wednesday they're struggling to keep up with the surge of immigrants at the southern border, acknowledging they've been overwhelmed as children show up by the tens of thousands from violence-torn Central America.

"We have not been what I would say successful yet" in ensuring that the unaccompanied kids are processed by the Border Patrol as quickly as required, Federal Emergency Management Agency Administrator Craig Fugate testified before the Senate Homeland Security and Governmental Affairs Committee.

Gil Kerlikowske, the U.S. Customs and Border Protection commissioner, said that the number of children picked up since October now stands at 57,000, up from 52,000 in mid-June, which is more than double what it was at the same time last year.

The testimony came a day after President Barack Obama appealed to Congress to give him $3.7 billion in emergency spending to deal with the crisis.

The crisis gave Republicans a fresh opportunity to question the administration's competence even as it complicated the debate over the nation's fractured immigration laws. THE ASSOCIATED PRESS

Critical

"(The situation) is difficult and distressing on a lot of levels."

U.S. Customs and Border Protection commissioner Gil Kerlikowske

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— Prince George — Alive Health Centre, Pine Centre Mall, 250-562-8829

A Palestinian boy plays Wednesday in the rubble of a house destroyed a day earlier in an Israeli strike in the town of Beit Hanoun, northern Gaza Strip.
KHALIL HAMRA/THE ASSOCIATED PRESS

Israel hits 200 Hamas targets

Gaza Strip. Israeli leaders warn ground invasion could be imminent

Israel stepped up its offensive on the Hamas-run Gaza Strip on Wednesday, pummeling scores of targets and killing at least 22 people.

The military said it struck about 200 Hamas targets on the second day of its offensive. Militants, however, continued to fire rocket salvos deep into Israeli territory, and Israel mobilized thousands of forces along the Gaza border ahead of a possible ground operation.

The fighting stepped up as Egypt, which often serves as a mediator between Israel and the Palestinians, said it was in contact with both sides to end the violence. It was the first indication since the offensive was launched on Tuesday that ceasefire efforts might be under way.

Israeli leaders signalled a weeks-long ground invasion could be quickly approaching

"Despite the fact it will be hard, complicated and costly, we will have to take over Gaza temporarily, for a few weeks, to cut off the strengthening of this terror army," Yuval Steinitz, Israel's intelligence minister, told Israel Radio. "If you ask my humble opinion, a significant operation like this is approaching."

Since the offensive began Tuesday, Israel has attacked at least 560 sites in Gaza, the military said. Militants have fired more than 160 rockets at Israel.

THE ASSOCIATED PRESS

Rocket strikes

The increasing range of the rockets from Gaza has disrupted life across a wide swath of southern and central Israel, where people have been forced to remain close to home and kindergartens and summer camps have been forced to close.

- Besides firing toward Israel's two largest population centres in Tel Aviv and Jerusalem, Hamas also fired one rocket that reached the northern Israeli city of Hadera for the first time, effectively putting the entire country under rocket range from the north and south. The city was struck in 2006 by missiles from Hezbollah guerrillas in Lebanon.

Iraq sectarian killings?

50 bodies dumped south of Baghdad

Iraqi officials discovered 50 bodies, many of them blindfolded and with their hands bound, in an agricultural area outside a city south of Baghdad on Wednesday, raising concerns over a possible sectarian killing amid the battle against a Sunni insurgency.

The bodies, all of them with gunshot wounds, were found in the predominantly Shiite village of Khamissiya outside the city of Hillah, located some 95 kilometres south of Baghdad.

The dead were all men between the ages of 25 and 40, and it appeared they had been killed a few days earlier and then dumped in the remote area. Most had bullet wounds in either the head or the chest.

THE ASSOCIATED PRESS

Syrian conflict

Rebels kill 14 in village: Reports

Syrian rebels rampaged through a Sunni village in the province of Hama Wednesday, firing indiscriminately at civilians and killing 14 people, including seven women, state media and opposition activists said.

State news agency SANA said an "armed terrorist group" was behind the dawn attack on the village of Khatab, located 10 kilometres northwest of the provincial capital.

Britain-based Syrian Observatory for Human Rights — which documents the violence in Syria through a network of activists on the ground — said the rebels accused the village's Sunni Muslim inhabitants of "cooperating with the criminal regime"in Damascus.

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U.S., China. Fighting climate change ... together?

China and the United States took small steps toward their shared goal of fighting climate change on Wednesday, but the world's No. 1 and No. 2 carbon emitters remain significantly apart over a wider global plan to cut emissions.

China's chief climate official, Xie Zhenhua, said China should not be subject to the same rules for greenhouse gas emissions as the United States and other rich countries, signalling that Beijing will oppose any attempt to impose them at next year's world climate conference.

The U.S. special envoy, Todd Stern, said Washington favours every country deciding what it is capable of doing, instead of being categorized either as a developed country or a developing country in deciding how much a country should contribute to reduce climate change.

Asked how receptive the Chinese were to this idea, Stern said: "It's one of those conversations that just goes on and on, doesn't stop."

THE ASSOCIATED PRESS

Ebola outbreak

Not the time to test vaccines: Experts

The largest Ebola outbreak in history is leading to calls from some quarters to use experimental vaccines to try to stop the deadly virus. But a number of experts say deploying untested tools in the West African outbreak could be disastrous. THE CANADIAN PRESS

N. Korea

They're firing missiles again, says S. Korea

North Korea launched two short-range ballistic missiles Wednesday into the sea off its east coast, a South Korean official said, in a continuation of a recent series of missile and rocket test launches. THE ASSOCIATED PRESS

Dozens injured, two dead after storm slams Japan

A road is submerged by an overflowing river following a typhoon in Yomitan, Okinawa, Wednesday. A powerful storm slammed through the southwestern Japanese island of Okinawa, leaving at least 32 people injured before swerving toward the bigger island of Kyushu on Wednesday.

RYUKYU SHIMPO VIA KYODO NEWS/THE ASSOCIATED PRESS

Typhoon Neoguri downgraded. At least 32 injured and two dead

A major storm dumped heavy rain on western Japan Thursday after sweeping through the southern islands of Okinawa, where it caused extensive flooding, knocked out power and injured at least 32 people. The storm also boosted rainfall levels in other parts of the country, leaving two people dead.

One of the biggest storms ever to hit Japan during the summer, tropical storm Neoguri reached the southernmost main island of Kyushu on Thursday morning, and was forecast to travel up the Pacific coast of Japan to major cities including Osaka, Kyoto and Tokyo.

Neoguri, which hit Okinawa on Tuesday at typhoon strength, was downgraded to a tropical storm Wednesday.

In central Japan, rainfall elevated by the storm caused floods and landslides, killing two people. In Fukushima, an 83-year-old man fell into a swollen river and died, while a landslide hit a town in Nagano prefecture, killing a 12-year-old boy, according to Japanese media reports.

The torrents of rainfall could trigger more landslides and floods, and much of eastern Japan was at risk of lightning and tornadoes.

The Okinawan government raised the injury toll to 32 on Wednesday, saying two were in serious condition.

THE ASSOCIATED PRESS

Without electricity

105K

In Okinawa, nearly 6,000 homes were still without power late Wednesday. At the storm's peak Tuesday, more than 105,000 homes were without electricity.

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Ole! Bull gores author who co-wrote guide to surviving Pamplona

San Fermin fiesta.
The 32-year-old author from Chicago is a longtime participant in the annual street party

Bill Hillmann is carried on a stretcher after being gored by a Victoriano del Rio bull in Pamplona, Spain on Wednesday. M.J. ARRANZ/THE ASSOCIATED PRESS

An American who co-authored the book Fiesta: How to Survive the Bulls of Pamplona, became a victim of a bull Wednesday when he was one of two men gored at the annual Spanish San Fermin festival.

Bill Hillmann, a 32-year-old from Chicago and a longtime participant in the nine-day Pamplona street party, was gored twice in the right thigh during one of the daily bull runs, organizers said on their website. The injury was serious but not life-threatening, said the Navarra regional government.

A 35-year-old Spanish man from Valencia was also in serious condition after being gored in the chest during the same run on the festival's third day, the statement said.

The six fighting bulls run along a 850-metre course from a holding pen to Pamplona's bull ring in a tense and dramatic few minutes.

San Fermin is one of Spain's most famous fiestas and attracts thousands of foreign tourists every year.

Three other Spaniards who fell during the run were being treated in Pamplona hospitals.

THE ASSOCIATED PRESS

Northeast U.S. rocked by thunderstorms

A downed tree lays atop a crushed car Wednesday in Philadelphia. Storms caused damage in parts of the northeast U.S. after severe thunderstorms rolled through several states. Four people were killed and four homes were destroyed in New York. Scan the photo with your Metro News App to see more. MATT ROURKE/THE ASSOCIATED PRESS

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Broke records

Brazil's epic defeat a GOAAAAAL! for social media

Germany's stunning 7-1 World Cup semifinal win over Brazil broke records for the number of goals — but it also triggered record-breaking activity on Facebook and Twitter.

Facebook reported that fan activity during the Tuesday afternoon match topped 200 million with some 66 million users liking, commenting, sharing and posting. That made it the highest level of conversation on Facebook for any single World Cup match to date, according to the social network. About a quarter of that activity came from host country Brazil, which was trounced during the match.

TORSTAR NEWS SERVICE

NBA's No. 1 draft pick doesn't pick No. 1 brand

Andrew Wiggins.
Canadian basketball phenom opts for underdog Adidas over powerhouse Nike

Andrew Wiggins will wear Adidas with the Cleveland Cavaliers.

The No. 1 overall pick in the draft, Wiggins wore the apparel company's gear while starring last season for Kansas. He chose to stick with Adidas rather than sign with a rival such as Nike in what's being called "an unprecedented partnership."

The deal announced Wednesday is believed to be worth more than $2 million per year.

"Joining the Adidas family is a blessing and an honour and I am extremely excited for what lies ahead," Wiggins, from Vaughan, Ont., said in a statement.

Adidas owns a fraction of the marketplace at about three per cent, according to retail tracking firm SportsOnceSource, while Nike dominates at close to 95 per cent with help from its Jordan brand. But the move to sign Wiggins signals a bold move by the German company to build its basketball business around young, up-and-coming stars. Its NBA roster includes John Wall and Damian Lillard, for example, both first-time all-stars this past season.

The move also represents a level of comfort for Wiggins, who tweeted out a photo of himself Wednesday wearing an Adidas shirt and a KU cap. The Jayhawks have worn gear from Adidas since 2005, which means Wiggins wore their shoes and apparel during his only season in college. "Been waiting for this day," Wiggins said in his tweet.

"Happy to be joining the @adidashoops fam!"

THE ASSOCIATED PRESS

Twitter

"Been waiting for this day. Happy to be joining the @adidashoops fam!"

Andrew Wiggins, the No. 1 overall pick in the 2014 NBA draft, in a tweet about his new shoe deal

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IT'S IN REVELATIONS, PEOPLE!

HE SAYS

John Mazerolle
metronews.ca

I don't want to alarm anybody, but the latest sign of the apocalypse is upon us: I made dinner, all by myself.

The ancient texts are clear about the unusual sights that will greet the final days of mankind: Rivers will run with blood, the sky will turn black, and John Mazerolle will make a nice beef stroganoff, served with red wine and a store-bought apple tart.

Behold! Tremble!

Preparing a meal might not seem like a cosmic event to you, but for a culi-nary like myself it was at the very least a moment of historical significance — up there with the fall of the Berlin Wall or that time Picard joined the Enterprise senior staff for their poker game.

For the first time in my life, I made an honest-to-goodness meal.

Like, with ingredients and measuring cups and everything. No misspelled food like X-Treem Kreem Cheez. No microwave. Not even a single package of powder to sully the fingertips.

What drove me to such a strange place? Well, I'd like to have children some day. And as much as I'd like to buy 10,000 boxes of Pizza Pops and say, "See you when you're 18!" I figure I should learn to make meals so that my kids can tell me how they'd rather starve than eat the disgusting garbage I make.

You know, like a normal family.

Cooking is such an unusual activity for me that when I called my dad to ask what makes a good corn-oil substitute I could hear his confused blinking over the phone. When the realization of what I was planning to do dawned on him, he panicked.

As far as he was concerned, I'd just said, "Hey Dad! Found a landmine at the beach and was planning to rip her open. Should I use a chisel or go right at 'er with the hammer?"

He wanted to know if my girlfriend would be around to help (i.e. put out fires), or if maybe I'd prefer to make Hamburger Helper, or have an apple.

If it had been a movie, he'd have appeared from the future covered in beef stock telling me not to make the dish, lest humanity be destroyed. It was all very encouraging.

But I forged on, and **learned a few important culinary tips** along the way. For instance:

* **Onions** come in at least two colours (yellow and white).
* There is **prepared mustard**, though I'm not sure what it knows that the other mustard doesn't.
* **Hot oil** applied liberally to your thumb will burn your thumb. Who knew?

And imagine my surprise when I learned that cooking in the kitchen was pretty fun. I was actually chuckling with glee over my creation, not unlike Dr. Frankenstein if he had made dinner.

So if there are any laggards like me in the reading audience, I say put your fears or embarrassment aside and make some beef stroganoff. Or even some other meals, presuming they exist.

If you don't do it for yourself, then do it because this could be your last meal. The End Times are upon us.

SHOPPING FOR AIR QUALITY

A cyclist passes buses and taxis in Oxford Street on Wednesday in London, England. Researchers have found that concentrations of nitrogen dioxide on Oxford Street are the worst on Earth. PETER MACDIARMID/GETTY IMAGES

Oxford Street air dirtiest on Earth, scientists say

London, England's Mayor Boris Johnson is under pressure to take drastic action on air pollution, after scientists discovered that Oxford Street is now the most polluted street in the entire world.

The mayor has previously dismissed air pollution levels in London as "perfectly fine."

However, monitoring stations on London's Oxford Street have discovered levels of nitrogen dioxide (NO_2) at up to 10 times the legal limit.

Scientists at King's College London said levels of the gas, caused by diesel vehicles, were now even higher than those found in Beijing. The toxic gas causes breathing difficulties and has been linked to increases in premature deaths and hospital admissions. POLITICS.CO.UK

Quoted

"To my knowledge this is the highest in the world in terms of both hourly and annual mean." David Carslaw, researcher

Why so high?

The problem with Oxford is the sheer number of diesel buses travelling (or, more likely, standing still with engines going) and that the street's a "canyon" — tall buildings set fairly near the road so fumes can't dissipate easily.

- Modern diesel engines emit more NO_2 than petrol, and London has been switching to diesel to lower CO_2 emissions.

LONDONIST.COM

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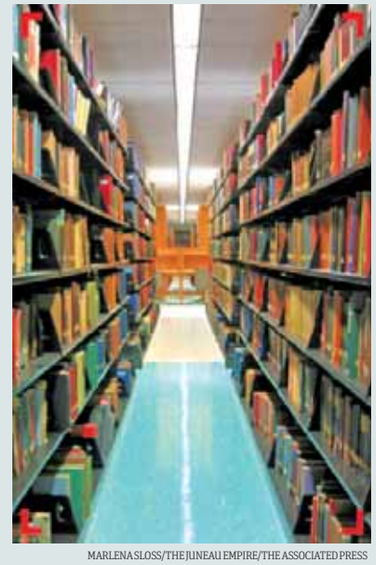
The penultimate book-sorting machine

ANDREW FIFIELD
andrew.fifield@metronews.ca

It's becoming more and more difficult to resist a link that promises rare looks captured by a Phantom drone. Like this clip, shot inside the New York Public Library's massive Queens book-sorting machine that serves as a hub for requested transfers between the NYPL's many branches.

BUT! You can see we're in the nascent days of DIY drone documentary-making. The flight is a little wobbly, and the pilot seems more interested in dizzying POV adventure than capturing what's happening. But as mentioned, these videos and the glimpses they provide are getting tough to resist. (Nate Bolt/Vimeo)



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SCENE 2

Stake your summer claim at the 37th annual folk festival

Music on the beach.
Roster offers audiences celebrated names and an eclectic spectrum of artists to discover

BACKSTAGE PASS
Graeme McRanor
vancouver@metronews.ca

Born Ruffians are among the performers at this summer's Vancouver Folk Music Festival, which takes place July 18-20 at Jericho Beach Park. CONTRIBUTED

The summer once felt like forever; now it hurtles past like a freight train.

What happened? Climate change? Obamacare? Who's to blame for this anomaly?

No matter. There's nothing we adults can do to slow it down. Instead we must endeavor to squeeze every last ounce of pleasure from it.

Enter the Vancouver Folk Music Festival, which features more than 60 artists from 12 countries, seven provinces and 12 states.

Need more convincing? It's happening at the beach.

Well, Jericho Beach Park, to be precise.

It is, as they say, a world of music in your own backyard. (Take that Pemby Fest!)

"Our 37th festival promises an extraordinary musical experience for folks of every age and background," says Linda Tanaka, the festival's artistic director.

"This year's roster offers audiences well-known and celebrated names along with a diverse and eclectic spectrum of brilliant artists and music to discover. There are almost too many genres, styles and streams of folk, world and roots music to name."

I'll try: There's legendary folk singer Joan Baez, as well as Andrew Bird and the Hands of Glory, Amos Lee, Great Lake Swimmers, Wintersleep, Born Ruffians, Lemon Bucket Orkestra, Frank Yamma, Banda Kakana, and many more.

There's also a wide range of food vendors, artisan markets and a Little Folks Area.

The Vancouver Folk Music Festival takes place July 18-20. An adult weekend pass costs $155 (to July 17) or $170 at the gate. One-day tickets are available. For more information visit thefestival.bc.ca.

What's that, you say? Single-day tickets for Pemberton Music Festival?

The organizers of Pemberton Music Festival are releasing single-day tickets for those festival-goers who don't want to commit to the entire festival experience. (Take that Folk Festival!)

Get single-day passes (including shuttle) for Friday (July 18), Saturday (July 19) or Saturday (July 20) for $158 (plus service charges).

FYI: You can't camp with a single-day ticket.

Visit pembertonmusicfestival.com for more info.

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Getting in touch with his simian side

Monkey see, monkey do. Planet of the Apes motion capture man talks about living the ape life

Terry Notary has played everything from goblins in The Hobbit to a banshee in Avatar. THE ASSOCIATED PRESS

Terry Notary is Hollywood's human shape-shifter. In a blink, he can become an elf, an ape or almost any other moving creature.

An expert in motion-capture performance, he specializes in bringing non-human characters to life on screen. He's played goblins in The Hobbit, a Who in How the Grinch Stole Christmas and a winged, dragon-like banshee in Avatar.

In Dawn of the Planet of the Apes, opening Friday, Notary plays more than 100 primates. He also taught the film's stars and stuntmen how to 'ape'.

"He's like an ape Zen master," said director Matt Reeves. "He lives in every frame that has an ape in it."

Notary demonstrated his technique during a recent visit to the Hollywood dance studio he uses to prepare for films. The compact, muscular father of four visibly transforms as he describes how apes are gut-driven and grounded. His stomach softens, his neck and shoulders slouch, his lower jaw protrudes. His eyelids drop slightly as his eyes take on a present yet faraway quality.

He grunts and howls before springing from his chair and breaking into a quadruped run. He bounces around the empty studio on all fours, with "arm extensions" he developed allowing him to mimic ape-like movements. He stops suddenly, as though he's spotted a threat, and becomes even more animated, emitting loud wails of distress.

Then he's back to being human again to talk about the process. Notary aspired to compete in the Olympics while training as a gymnast at UCLA but then found work with Cirque du Soleil after graduating with a theatre degree. He came to Hollywood as a stuntman and from there, developed into a sought-after movement coach for motion-capture shots, where actors are wired and their movements captured electronically for the building of computer-generated imagery.

Quoted

"He's like an ape Zen master. He lives in every frame that has an ape in it."

Dawn of the Planet of the Apes director Matt Reeves on Terry Notary

He created the lithe, long-limbed motions of the Na'vi in Avatar, taught the Silver Surfer how to ride in Fantastic 4: Rise of the Silver Surfer and went ape in three films, starting with Tim Burton's Planet of the Apes in 2001. (He performed stunts in all as well.) "I'm a good observer of movement and behaviour," the 45-year-old said. "That's what my talent is, I think."

He begins with an image of the character. For imaginary creatures, he might picture objects from nature. When conceptualizing the Na'vi, for example, he thought of reeds swaying underwater, gracefully at ease with the energy around them. For a goblin, he thought of a piece of crumpled tin foil.

"If you throw it, it has hard edges," he said. "It's not going to be predictable. It's going to be edgy and sharp and not have any root."

To develop ape expertise, Notary hung out with a couple of chimps and spent a lot of time watching primates at the zoo, videotaping and studying their behaviour. "I just took every little video I could and dissected it into moments," he said. "And I just always watched the videos as though I was watching a person in an ape suit, playing an ape. It made me realize ... it's all in the subtleties."

Notary had six weeks to put the actors and stuntmen starring in Dawn of the Planet of the Apes through his ape training. The first step? Shed preconceptions and human conditioning and just "be." "It's not about doing anything, it's about undoing," he said. "If you can start to get back to the base, neutral animal that we are, you're an ape." THE ASSOCIATED PRESS

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Exposed! Pop star's shameful photos leaked.

Shocking photos reveal bad boy, Cody Summers, doesn't recycle his aluminum cans.

International pop sensation, Cody Summers is in trouble again. Yesterday, photos surfaced of the singer dumping his aluminum can in the trash. The photos were leaked by the disposed can, who said, "He's totally out of control." Cities across the world have already boycotted concerts in the upcoming Summers Lovin Tour. Meanwhile, Summers' long-time publicist, manager, and mom has decided to leave him to look for a new client.

It just goes to show that every can you don't recycle says something about you. *So always return your aluminum cans for recycling.*

- return-it.ca

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Jackie Cruz, third from right, plays Flaca Gonzales with a spunky attitude on Orange is the New Black.
JESSICA MIGLIO FOR NETFLIX

Cruz cleans up as OITNB's feisty Flaca

'They liked me!' Actor thought she'd appear in only one episode of the Netflix show, but is now shooting Season 3

RACHEL LEE
Metro in New York City

Jackie Cruz, otherwise known as Flaca from Netflix hit series Orange is the New Black, is a fan favourite for her spunky attitude and killer eyeliner. We sat down with her at the Uberliss Braid Bar in New York City's Paramount Hotel to talk about life both inside and outside of Litchfield, a fictional U.S. women's prison. Here is our edited interview:

Did you realize the show was going to become so big?
No! No, I really thought the episode in Season 1, where I fight Taystee for a King Kone ice cream ... was going to be my only episode.

They write (the show) as they go, so I guess they liked me. (We've been shooting Season 3) just this month, so we don't know a lot yet. I'm ready!

I told my friend, "I can't wait to go to work. I just have so much fun," and she was like, "I want to have fun at my job." She's a nurse.

Do the friendships on the show translate off-screen?
They're legit friendships, yeah. I hang out with Diane (Guerrero) a lot — we go shopping, we have lunch. Dash (Dascha Polanco) and I love to dance. I was (Danielle Brooks') date the other day for the Third Person premiere. I was like, "Who did you invite first?" and she told me, "No, you're my homie! You're the first person I called."

I go bowling with Taryn (Manning) and Emma (Myles). And Soso — Kimiko (Glenn). She's so much fun, I love her.

What beauty products would you smuggle into prison?
I can't live without my eyeliner or lipstick — Ruby Woo from MAC — and under-eye cream for puffies. On the show they use Kat Von D Tattoo eyeliner. I usually wear just the eyeliner, maybe if I need to cover up a pimple here or there.

Quoted

"I love playing (Flaca), because I could never be that in real life."
Jackie Cruz, actor

Flaca wears her eyeliner like lipstick, which is kind of cool — she likes that gothic situation. I always sleep with a sleeping mask, so they use maxi pads with little rubber bands on them.

Are you and Flaca similar?
We definitely have some similar characteristics. She loves music and so do I — I'm a musician.

She has a feistier attitude than me, and I love playing her, because I could never be that in real life.

I have a friend who *is* Flaca ... I imitated her for two years before I even got the role ... so when they told me, "Flaca is a feisty Latina," I went in there pretending to be her, and I got the part.

(Flaca's on-screen kiss) was one of the best moments on set for me, because we got to see her vulnerable side. Being in prison, and your boyfriend not coming to visit, when maybe she's in there because of him, I would be devastated.

And Maritza — we're friends on and off the show, so it was nice to have that moment with her. It was my favourite scene, besides the mock fair.

You almost won!
You know, I tried to get a job by being flirty … it happens, sometimes.

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Lifestyles of the rich and shameless

Rich Kids of Instagram.
Infamous Tumblr inspires novel based on the young and excessive

EMILY LAURENCE
Metro in New York City

ALL PHOTOS TUMBLR: RICHKIDSOFINSTAGRAM

Love 'em or hate 'em, you know who they are. Rich Kids of Instagram is a Tumblr that popped up two years ago filled with photos of teens unapologetically flaunting their extreme wealth.

Photos of $40,000 shopping sprees, out-of-control yacht parties and champagne bubble baths are just a sampling of what you'll find. Now, in the first Instagram-to-book deal, a novel based on these photos has been released this week.

The creator of the Tumblr is anonymous, and he enlisted writer Maya Sloan — who ghostwrote Kendall and Kylie Jenner's new YA novel — to write the book, which centres around a Danish royal and his five friends.

"The 10 most frequent contributors to the site served as a basic resource of information in the beginning," Sloan says. "The book is completely fiction, but I researched who these teens were, who was hanging out with who, and what they were into."

Amazingly, Sloan was able to befriend a real European heir for research, as long as he remained anonymous. She says her husband, who is Danish, also helped provide a lot of insight into the main character.

Sloan says the teens who submit their photos to the site on Instagram and Tumblr have a love/hate relationship with it, but ultimately are obsessed with it and want to be on it.

"The creator gets tons of emails a day from people who want to be featured," she says. "When he doesn't post their photos, they start sending him angry emails. There was one kid who emailed saying he hated the site and never wanted to be on it again and then tried to get back on the site not too long after. The creator told him he wasn't going to put him on it because he made it clear about how he felt. Then, he sent the creator a picture of 'F– you' spelled out in pills."

When writing the book, Sloan's challenge was to humanize these types of teens, so they would be more than just a clique people laugh at.

"As I got to know people with extreme wealth, I did start to feel for them," she says. "There's a classic money-can't-buy-love thing going on. A lot of these kids are really lonely, feel unloved and are looking for a way to feel validated."

Quoted

"The book is completely fiction, but I researched who these teens were, who was hanging out with who, and what they were into."

Maya Sloan, author of new book Rich Kids of Instagram
on how she created the novel

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The devil in disguise

Snowpiercer.
Tilda Swinton melts into a Thatcheresque leader in latest flick

NED EHRBAR
Metro World News in Hollywood

For director Bong Joon-ho's dizzying science fiction spectacle Snowpiercer, chameleon-like British actress Tilda Swinton disappears behind some massive false teeth, garish glasses and a truly unfortunate side-part to play Mason, an embodiment of bureaucratic evil tasked with keeping the lower classes in line as what's left of humanity waits out a second ice age on a perpetually moving train. Luckily, she had some childhood experiences from which to draw.

I was joking to a friend that you can tell this is science fiction because it features Tilda Swinton with a Yorkshire accent.
That's fantastic. Yes, thank you very much. It's actually a private joke — which is now no longer private at all — for my brothers because they are the three people on the planet who are going to be most amused by Mason for a very particular reason, which is that we knew somebody who spoke exactly like that when we were little. The first year I was able to vote, Margaret Thatcher came into power, so my generation of people from the U.K. have had it up to here with what we call that nanny state. And she definitely went for that look, that condescending "you don't know what you want so I'd better whip you into shape" — which I, having been brought up largely by a Yorkshire woman, I know is a sort of cultural trope from that part of the world.

She does have a fair amount of Thatcher in her, doesn't she?
Ah, that's another interesting thing, Ned, and this is a little wordplay association thing. A mason is somebody who plays an important part in building a house, and another person who plays an important part in building a house is a Thatcher. (It's Thatcher) mixed in with all the rest of the gang — with Silvio Berlusconi, with Gaddafi, with Adolf Hitler, with people in North Korea and maybe even a little bit of bombast from the United States. That sort of feeling of people given to putting out a slightly dictatorial vibe while being kind of clowns as well — or rather us wanting to see them as clowns. However sinister or truly cruel a dictator is, there seems to be this tendency to look for what Director Bong would call "the cute." So however ridiculous the things are that are spouted by — for instance — the President of the United States at some point, maybe one wants to believe that there's a slight stand-up comedian in there somewhere. I don't know, it's a strange thing. That's a way that the psyche tries to protect us from feeling like we're being shafted.

Maybe it's a misplaced charisma.
I think you're absolutely right. It's certainly charisma, and I do believe that we have a tendency to vote for people who have that charisma for the reasons that they will produce the most amusing soap opera while they're in power — which is not necessarily the right way to go, but I do think it's a tendency.

AUGMENTED REALITY

→ Scan this photo with your Metro News app to watch the completely odd trailer for Snowpiercer.

metro AR → See the full instructions on Metro's Voices page.

Snowpiercer, starring Tilda Swinton, opens in select markets next Friday.
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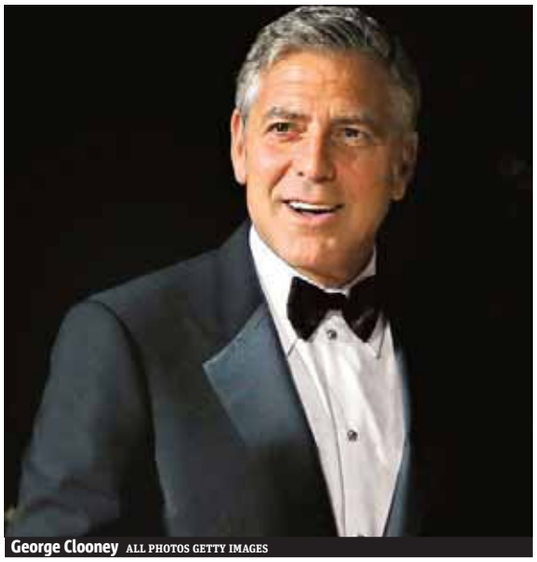

George Clooney ALL PHOTOS GETTY IMAGES

Clooney slams 'dangerous' claims that fiancée's mother opposes marriage

Britain's Daily Mail newspaper apologized to George Clooney on Wednesday for alleging his fiancée's mother opposed the marriage on religious grounds — a story Clooney called both wrong and irresponsible.

Clooney is engaged to Beirut-born London lawyer Amal Alamuddin, whose father Ramzi belongs to a prominent Druse family. The Druse are adherents of a monotheistic religion based mainly in Lebanon, Syria and Israel.

Citing unnamed family "friends," the newspaper's MailOnline website reported this week that her mother, Baria Alamuddin, wanted her 36-year-old daughter to marry a Druse man. It said Amal Alamuddin risked being "cast out of the community" if she wed Clooney, and claimed several women had been murdered for not abiding by strict Druse rules.

Clooney called the story "completely fabricated."

In a statement issued to USA Today, Clooney said that "to exploit religious differences where none exist is at the very least negligent and more appropriately dangerous." THE ASSOCIATED PRESS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Would you let Courtney teach your preschoolers?

NED EHRBAR
Metro in Hollywood

You know what your television needs more of? Courtney Love. The singer and loveable crazy-pants will be guest-starring on the next season of Sons of Anarchy, according to TVLine, playing a … preschool teacher.

I mean, sure. It's not like Love is a novice actor or anything, since she's done all right for herself in movies like The People vs. Larry Flynt, Man on the Moon and Sid and Nancy. Oh, and 200 Cigarettes, if anyone remembers that flick. But … a preschool teacher? All right, if you insist, Sons of Anarchy.

The seventh and final season of the show will also feature Marilyn Manson, so clearly they're working on a theme here.

Twitter

@DanaDelany
I have learned that mentioning abortion, gun control, climate change will lose you followers. And I'm forgetting the fourth....

@lenadunham
Ladies, some of you seem confused about how to keep a secret and I have a tip: just don't tell anyone.

@rickygervais
This won't be the first time that thousands of Germans will have to lie low in Brazil for a while for their own safety.

Eva Mendes and Ryan Gosling

A baby Gosling? Blogosphere abuzz with pregnancy rumours

Hollywood's hottest couple may be expecting. OK! magazine reports that Eva Mendes is seven months pregnant with Ryan Gosling's baby, according to a source close to Mendes.

"She's been ready for motherhood for a while now and to be sharing this experience with Ryan is a dream come true for her," the insider tells the magazine.

Ironically, Gosling and Mendes met on the set of The Place Beyond The Pines, in which they played parents. They've been dating off and on for over three years.

Neither has commented on the pregnancy, even though the blogosphere is starting to buzz with the news. METRO

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LIFE 3

PLUS HOMES

Picture this: 30 degrees outside, a stressful day at work, an errand to run across town before your friends want to meet at the bar. You're already hot and sticky. The last thing you want is to make your outfit "evening appropriate" by piling on accessories in the back of a cab. We round up the must-have accessories that will dress you up in one simple, stylish step.

EMILY LAURENCE
Metro World News

5 Mid-summer must-haves

Bun beautifier

A 5-minute wait for the subway can turn your perfectly styled hair into a frizz-fest. Get it off your neck while actually making your hair look good by pulling it up and a bun and securing it with a floral top knot holder. You'll look bohemian-cool in 2-minutes flat.

Top Knot Holder, $12
URBANOUTFITTERS.COM

Irresistible earrings

Jewelry that's a mix of punk and glam makes enough of a statement where you only need one piece. These earrings by Uribe are a little pricey, but we guarantee you'll get loads of compliments and since they're so simple, you'll wear them again and again.

Uribe Gold Earrings, $185.64
MY-WARDROBE.COM

Birkenstock Arizona Sandals, $120
SHOPBOP.COM

Bohemian Birks

You don't have to be into normcore to pull off Birkenstock – seriously! Pair these with a maxi or sundress and you'll be both comfortable and cute.

Stop-traffic sunnies

Stand out in the Ray-Ban wearing mass with these funky frames. This is the stuff street style photos are made of.

Quay Penelope Sunglasses, $47.
ASOS.COM

Sensational scrunchies

This is another life-saving hair accessory. To avoid looking like Kimmy off of Full House, opt for a bun instead of a ponytail. The colour and shimmer will make it the standout piece of your whole look.

Sequin Hair Scrunchie, $12
TOPSHOP.COM

Canadian street style

Spotted in: San Juan del Sur, NI

Name: Jessica

Age:21

Occupation: Bartender

What she's wearing:

Hunter boots, H&M shorts, Brandy Mellville shirt, Forever21 army jacket, Longchamp purse.

Her inspiration:

"Both Alexander Wang & Alexander McQueen inspire me. I like being comfortable; I'd say my style is a little grungy."

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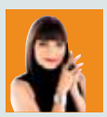

JEANNE SPACE
Jeanne Beker
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@jeanne_beker: Beauties on parade @ShangriLATO #oasisatshangrila @VitaminASwim

Go ahead, lick your fingers. We won't tell

Cookbook of the Week

Meet nature's coolest superfood

Coconut is rich in healthy fats, high in fibre and low in carbohydrates. It grabs the spotlight in Sasha Seymour's Coconut Every Day.

The book shows readers how to incorporate the superfood into 100 of their favourite everyday recipes.

It features coconut in all its forms — water, milk, oil, gluten-free flour, sugar and more — in everything from salads and soups to main dishes and desserts.

Among included recipes are Cauliflower Soup, Curried Chicken Salad, Shepherd's Pie, Coconut Cream Pie and more. METRO

Sticky Coconut-Glazed Chicken Wings. These tasty bites perfectly balance sweet and heat. Pair them with a side dishes for a meal

"Who doesn't love a slightly sticky, sweet and spicy chicken wing?" asks Sasha Seymour in her book Coconut Every Day: Cooking with Nature's Miracle Superfood, which points out that coconut is an ideal gluten-free alternative for those with dairy allergies and sensitives.

"A few of these served with some plain brown rice and kimchi coleslaw make a great meal, and you can substitute drumsticks and thighs if you prefer them over chicken wings for dinner."

1. Make the Marinade: In a large bowl, stir together coconut water and soy sauce. Add chicken wings, stirring to coat. Cover and refrigerate for at least 1 hour or up to 4 hours.

2. Make the Glaze: In a small bowl, combine tamari sauce, coconut sugar, coconut vinegar, and cayenne. Stir until well mixed.

3. Preheat oven to 400 F (200 C) (or preheat grill to medium-low and lightly oil grill).

4. Remove wings from marinade and roast on a parchment-lined baking sheet (or grill), flipping and basting wings with glaze about 4 times, until wings are cooked, 35 to 40 minutes. Let rest for about 10 minutes before serving.

RECIPES FROM COCONUT EVERY DAY: COOKING WITH NATURE'S MIRACLE SUPERFOOD. COPYRIGHT SASHA SEYMOUR, 2014. REPRINTED BY PERMISSION OF PENGUIN CANADA BOOKS INC.

Ingredients

- 1 1/2 lb (675 g) chicken wings

For the marinade
1 1/2 cups (375 ml) unsweetened coconut water
1/4 cup (60 ml) soy sauce (gluten-free, if required)

For the glaze
1/4 cup (60 ml) tamari soy sauce (gluten-free, if required)
2 tbsp (30 ml) coconut sugar
1 tsp (5 ml) coconut vinegar
1/2 tsp (2 ml) cayenne pepper

This recipe serves two as a main course or four as an appetizer. KATHLEEN FINLAY

This recipe makes about 6 (1/2-cup/125 ml) pops. KATHLEEN FINLAY

Blackberry-Coconut Pops

"These pops are rich — more of a treat than a means of hydrating," writes Sasha Seymour in Coconut Every Day. "Blackberries aren't for all kids, so go ahead and change up the fruit.

"The refrigeration step is important, as the colder the mixture is when you freeze it, the less likely it is to form crystals.

"And don't leave out the salt — it brightens the flavours of the coconut milk and berries and brings out their sweetness."

1. In a large bowl, stir together coconut milk, agave syrup, salt, and lemon zest until well mixed. Stir in blackberries. Refrigerate for at least 1 hour.

2. Divide among popsicle molds. Freeze until firm, about 4 hours.

Ingredients

- 1 can (14 oz/400 ml) coconut milk
- 1/4 cup (60 ml) agave syrup
- 1/8 tsp (0.5 ml) sea salt
- Zest of 1/2 lemon
- 1/3 cup (75 ml) blackberries, raspberries, or blueberries

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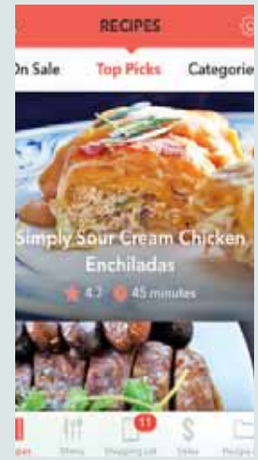
Food.com Recipes (iPad/iPhone; free)

MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

From more than 500,000 rated recipes, this app lets you organize a recipe box, generate shopping lists, and create meal plans.

A feature that collects store flyers, sadly, is US-only.



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Makeshift dining in tight quarters

Turn on a dine. Stylish options for a tiny condo

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

A reader asks: I am moving into a tiny condo and need occasional dining space that will seat 2-3 people. What are my options?

I suggest creating a multi-purpose area instead of dedicating space to a dining room that will rarely be used.

This will allow your dining space to do double or triple duty as a home office, an attractive display console or a storage area.

With a desk or console sitting against the wall, you can forgo hanging a light fixture and free up the centre of the room by not having to float a table in the middle of the space.

Instead of focusing on the centre of a dedicated dining space with a chandelier and rug, concentrate on the vertical wall of the dining area. A large mirror hanging over a desk or console table topped with potted orchids, and a decorative storage bench underneath creates an attractive vista to look at on a daily basis.

A vintage-style desk can double as a charming place for entertaining. Garment Factory Desk, $1300, RestorationHardware.com. RESTORATIONHARDWARE.COM

Slim pickins

Consider purchasing a slim desk or console to be used for occasional dining with guests.

- **When pulled out, it should be able to accommodate two to four people easily.**

Here are a few other ideas for maximizing a dining experience within your tiny condo:

Chairs

Consider using small-scale occasional chairs from your living room area as go-to dining chairs when needed.

There are also a lot of stackable dining chairs that can be stored in a closet until needed.

Purchase a few attractive outdoor chairs (often stackable) and bring them in from a balcony when needed.

Antiques

Like the look of antiques? There are many older furniture styles such as partner's desks, tilt-top tables and drop-leaf tables that can add old world charm yet survive in a small space. Blending antique looks within a modern apartment can make them look quite special.

Alternative options

Tray-style and tall end tables are an easy way to offer each guest their dining space while sitting in the dining or living spaces of your condo.

A library-inspired console can display books, plants and a laptop by day and seat dinner guests at night. Stanton Work Station, $600, bombay.ca. BOMBAY.CA

A saw-horse base in metal adds an industrial-chic look to a desk/dining table. Eiffel Desk, $800, urbanbarn.com. URBANBARN.COM

A tall side table offers up individual dining perches in the living room. VITTSJO stand table, $25, ikea.com. IKEA.COM

How to install a sliding storage unit on a garage ceiling

Clear away garage clutter with an easy-to-install overhead sliding storage unit. ISTOCK

DIY. Tidy a messy garage by building an overhead bunker for storage totes

Cleaning out a garage can be one of the most tedious household chores. But the simple solution to organizing the clutter might have gone right over your head. An easy-to-install, sliding storage unit packs equipment in a convenient overhead bunker, and can be constructed with basic building materials.

First, select a large, sturdy container, preferably a reinforced tote as the storage compartment. Building the storage unit will require 2x4s, plywood, a saw, a drill, a socket and ratchet set, a stud detector, and a level. Start by measuring the width of the tote's rim to determine how wide the rims of the sliding unit need to be. Measure and cut two sheets of plywood that are twice the width of the tote rim, plus another two inches to make room for a vertical 2x4 base. Centre the plywood pieces underneath two 2x4s, creating inside and outside edges that fit the tote rim. Cut plywood strips for the top of the 2x4s that are 2 to 3 inches wider than the bottom ones for added support. Ensure both pieces are centered, and fasten the frames together with two inch screws, spacing them evenly.

Use a stud detector to carefully mark support joists in the garage ceiling. Using a level, align the two pieces of the sliding frame on the ceiling. Measure and space them apart, so that the rims of the tote fit into the unit perfectly. Attach the shelf pieces to the ceiling with temporary screws, and check the placement of the frame by sliding the tote in. The rims of the tote should fit in as securely as possible, while still being able to slide. Drill four, evenly-spaced guiding holes through the frame pieces and into the joists, then use bolts to fasten it to the ceiling. Remove the temporary screws, and apply stopping screws at the ends of the unit to keep the container from falling out the other side. Be sure that the tote isn't too heavy (200 pounds is overcapacity), and that it can be reached from the garage floor.

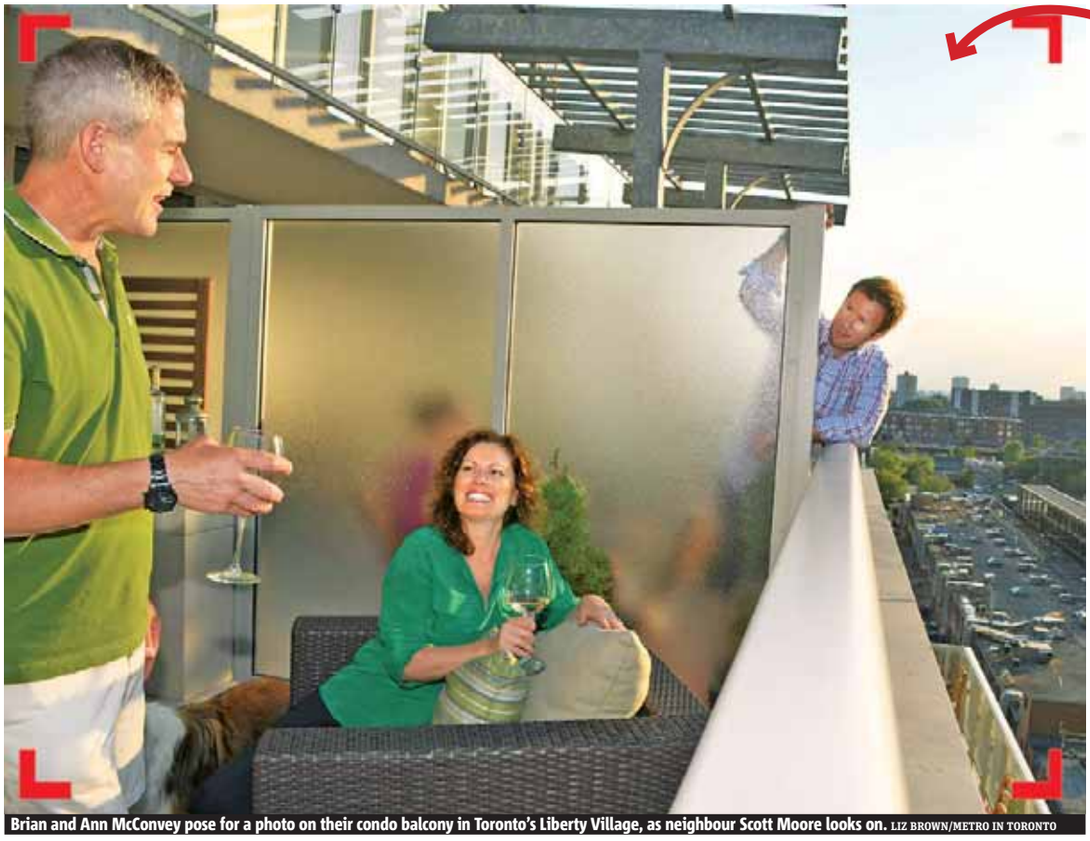
Garage Gold

Get even more solutions for that stuff in your garage in a brand new season of Garage Gold, with back-to-back episodes Tuesdays at 10 p.m. ET/PT on DIY Network Canada.

Tips to keep condo life classy

Mind your manners.
Basic balcony etiquette can help you keep the peace with neighbours

MELISSA DUNNE
Metro in Toronto



Brian and Ann McConvey pose for a photo on their condo balcony in Toronto's Liberty Village, as neighbour Scott Moore looks on. LIZ BROWN/METRO IN TORONTO

Like many Canadians, Scott Moore grew up in the suburbs.

Summers in suburbia tended to look like something out of a Canadian Tire flyer: The pesticide-green lawns were gigantic, the backyard fences tall and neighbours were close, but not *too* close.

Then, also like many Canadians, Moore grew up and fled the outskirts for the core.

A whopping one in eight households now live in a condo, according to Statistics Canada. There are concrete slabs and frosted glass. Neighbours are above, below, beside and across from each other — they are very, very close.

"I'm out here every day," says Moore of his balcony. He moved into his 14th-floor condo just in time for warm weather. "I barbecue and socialize out here. It feels like I'm not even in downtown Toronto."

There are reminders the 38-year-old lives in Canada's condo capital, though.

Ann McConvey, his next-door neighbour and fellow ex-suburbanite, poked her head around the glass balcony barrier before he even officially moved in and said hi.

After a brutal winter, McConvey, 44, her equally bubbly hubby, Brian, 51, and their sheltie, Fergus, 3, also soak up the sun on their Liberty Village balcony most days.

In a big city, relations between condo dwellers are not usually as warm as they are between the McConveys and Moore. Metro talked to an etiquette expert, who offered some tips to making sure it's only the humidity creating sticky situations on your balcony this summer.

Get to know thy neighbour

A hot day is the perfect time to break the ice, says Karen Cleveland, the Toronto-based author of mannersaresexy.com. So no need to act like there's no one on the other side of that balcony wall.

"Wave," advises the etiquette expert. "Introduce yourself."

Keeping up with the McConveys

Even if you don't know your neighbours' names, they've likely overheard you talking about your latest date, seen you sunning in your bikini and know if you're a clutterbug. You don't have to measure up to the McConveys and Moore, whose balconies look straight out of an Urban Barn catalogue — just keep it clean and tidy.

Sugar catches more flies than vinegar

Don't sweat dishing some dirt with your girls or hosting a dinner party outside. You can even play a few summer jams on your balcony so long as you keep the volume levels reasonable, says Cleveland.

"That's with a caveat," she notes. "Hopefully you and your neighbours have a similar taste in music, or it could go sideways fast."

If your neighbours are blasting Bryan Adams' Summer of '69 on repeat and you fear you may hurl their iPad off the balcony — knock on their door.

Cleveland advises asking noisy neighbours nicely, calmly and directly to keep it down.

Karen Cleveland CONTRIBUTED

Take in the larger view (from the top)

People typically do not enjoy having things drop and drip down on them, so before watering your plants and flowers get some liners for a "few pennies each" to catch the run-off, says Cleveland.

But when it comes to addressing a neighbour's faux pas, Moore adds that sometimes you have to choose your battles, such as when a cigarette butt comes flying down off a distant balcony in the dark of night. Residents can choose to play Sherlock on a bright July day, mapping wind currents and matching lipstick shades to narrow down the suspects. But "you'll never really know" where the cigarette came from, Moore says.

With only 75 official days of summer left, the suburbanite turned urbanite would rather spend his time taking in his stunning view of Lake Ontario.

Nightmare neighbours

Cities and condos have bylaws to regulate balcony behaviour, but enforcing those rules costs time and money. While most neighbours can work through conflicts on their own, some high-rise disputes make it all the way to our highest courts.

- In Vancouver, a vegetable magnate installed a hot tub, big-screen TV, and two speakers on his condo's large deck and balcony in 2010. The complaints soon started rolling in from his Yaletown neighbours. The case eventually made it to the Supreme Court of British Columbia. The party animal fought for his right to party, and lost. In 2012, the judge put a stop to the hot tub parties from 11 p.m. to 8 a.m., in accordance with the building's rules.
- In Toronto, a different kind of animal led to a neighbour war. The owner of a Yorkshire terrier would let the dog "relieve itself from time to time" on her second-floor condo balcony. The urine frequently dripped down to the first floor below. The neighbour complained. The case wound its way up to the Ontario Superior Court in 2011. The judge ruled the dog had to be removed from the unit permanently and the owner was ordered to pay $1,384.25 in cleaning fees and $806.65 in legal costs.

On the street: What's your balcony pet peeve?

"Construction. I open the door for Max; the noise is bothersome."

Maryam Amouzandeh with Max the dog, Toronto

"Garbage and all the stuff that's blowing around out there."

Rachael Moss, Toronto

AUGMENTED REALITY

→ Impress your neighbours with these ideas: Scan the photo with your Metro News app to see balcony photos from readers.

→ See the full instructions on Metro's Voices page.

Go on, show off

You can't make friends with a shabby balcony, so here are a few ideas to help you make a good impression on your neighbours.

1 Among foodies the Big Green Egg is the Cadillac of charcoal cookers. While most buildings don't allow the ceramic grill/smoker, that hasn't stopped condo dwellers from buying the, ahem, discrete Mini and Small varieties for balconies, say the Big Green Egg people. Prices upon request. Go to biggreenegg.ca to locate a dealer.

2 Trying to impress the attractive neighbour across the way with your cocktail-making skills? This Sumatra Serving Trolley from Urban Barn should help paint the picture of a sophisticated (and ready-to-mingle) urbanite. $229. Go to urbanbarn.com to find a store near you.

3 No, you don't have a lawn to stick a pair of plastic pink flamingoes in. Don't dwell on your lack of a lawn, instead put the kitschy couple from Canadian Tire in one of your urban garden planters. $14.99. Go to canadiantire.ca to find a store close by.

High street design. Main street appeal.

Only on Main Street could you find a place like FOCAL. In a neighbourhood known for its visual art scene and historical architecture, FOCAL is the ideal contemporary counterpoint. It's a landmark building that defies stereotypes: simple, staggered forms are carefully designed to maximize the sweeping hilltop views, while the interior environments are intelligently crafted for artful living. With a one-of-a-kind location at Main St and 7th Ave, custom design and finishes, FOCAL is, unequivocally, the high point of Main.

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For many young people, a first apartment might be a cramped studio or just a bedroom in a shared living arrangement. Juggling that room's living, dining and sleeping spaces requires creativity. Find vertical space; think small and light; and when in doubt, do without

THE ASSOCIATED PRESS

To live small, give room some thought

A wall shelf with lots of knobs from IKEA's P.S. 2014 collection. IKEA/THE ASSOCIATED PRESS

Versatility is your BFF

IKEA has embraced this mobile-renter demographic with its P.S. collections. Now eight years running, the collections feature pieces that are portable and inexpensive but well-designed. The Havet sofas have wheels; a stool has an embedded LED lamp.

Peter Klinkert heads the retailer's Special Collections. He says this year's 50 pieces came out of collaborations between young international designers and the IKEA in-house team.

"Small space doesn't always mean no space," Klinkert says.

Buy furniture that's multifunctional, he advises: Storage cubes that also work as coffee tables, or a dining table that offers storage, so it can be used as a workspace. (ikea.ca)

A P.S. 2014 stool with embedded LED light. IKEA/THE ASSOCIATED PRESS

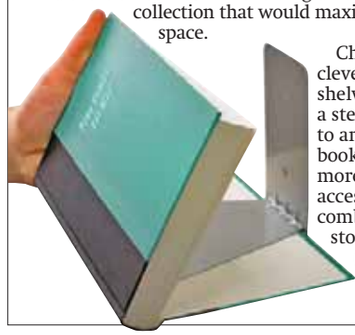
Havet sofa bed on casters. IKEA/THE ASSOCIATED PRESS

Whatever floats your books

Bookcases can be clunky and cumbersome. Consider floating bookshelves that take advantage of wall space without taking up floor space.

IKEA's Lack wall shelves come in a variety of colours, and there's also a corner shelving unit in the P.S. 2014 collection that would maximize a dead space.

Check out Umbra's clever Conceal wall shelves that give you a steel bar on which to anchor a hardcover book; stack a few more, or add a small accessory, for a neat combination of wall storage and art. (umbra.com)



Conceal wall shelf. UMBRA.COM

Clear the way

Consider mirrored or clear acrylic pieces to give the illusion of more space. Overstock's got side tables and chairs priced a lot lower than high-end designer pieces. (overstock.com)

Clear acrylic side table. OVERSTOCK.COM

Swear on a stack of tables

A great coffee table can serve a lot of functions. Entertaining, dining and crafting can all happen at a decent table in front of the sofa and television. Dania's got the cool Harwich oak-veneered table: four stacked slabs, and the top two swivel. Two sturdy levels of elm veneer and steel create a workhorse piece in the Matson coffee table. (daniafurniture.com)

If you're strapped for cash, consider TV trays for side tables, and park a bin or basket underneath for storage. Target sells them individually for around $10, or buy a set of four and use them in both the living room and bedroom. (target.com)

TV tray. TARGET.COM

Matson coffee table. DANIAFURNITURE.COM

Harwich stacked swivel slab table. DANIAFURNITURE.COM

APT2B.COM

Hang some cheep and cheerful art

Check out apt2b.com for contemporary wall-art designs at good prices.

Add prints charming

One good thing about a small living space is that it doesn't take much to add a lot of punch. If you love colour and pattern, inexpensive textiles are easy to add. Buy a couple of yards of interesting cotton to cover seat cushions or throw pillows. (joann.com)

A block-printed shower curtain can work in the bathroom or at the window, and be cheaper than drapes. WORLDMARKET.COM

Up to your deck in maintenance? A quality stain can ease the pain

By the board. Treat surfaces with premium products and an annual power wash to extend the life of your deck

Decks have become an essential feature of a modern home and a hub of activity for life in the summer, so most homeowners would rather spend their time enjoying them — not maintaining their surfaces.

From snow to rain and hot sun, the weather across Canada can cause serious deck maintenance issues, such as a need for sanding and staining every few years for optimal appearance and durability.

"With the Vancouver weather, we get lots of requests for low-maintenance decks," says Jobie Mallett, owner of Vancouver's Little Star Renovations. "People want low maintenance, but I always tell them it doesn't matter what you put on, there is always going to be some kind of maintenance."

Instead of talking low maintenance with his clients, Mallett says he tries to divert their thinking to long-lasting because, if nothing else, homeowners will have to power wash their deck every year to extend its life.

"It often comes down to the kind of stain they use," he says. "That is a big deal. People pick cheaper stains and end up having huge maintenance issues down the road."

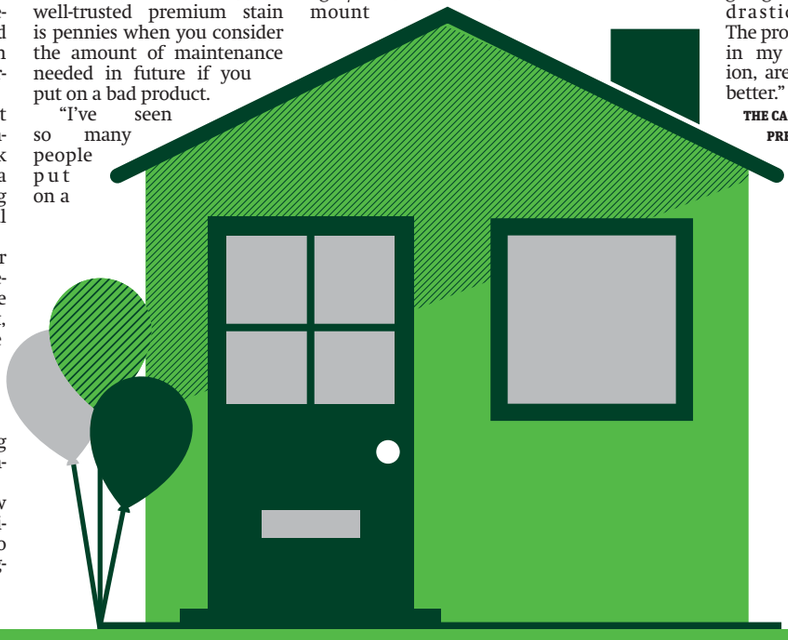
Mallett says when a homeowner is spending $10,000 on a deck, an extra $200 on well-trusted premium stain is pennies when you consider the amount of maintenance needed in future if you put on a bad product.

"I've seen so many people put on a cheap stain because it has a big-box store label on it, and then they have huge issues down the road because they have to try and remove the old stain to put a new one on," he says. "You get what you pay for, but it is well worth the money to buy a premium stain."

Like Mallett, Joshua Czerwinski, sales and design manager/owner of Paramount Custom Decks Inc. in Edmonton, says low maintenance is a huge request from his customers when it comes to decking and related products.

"In the last five to 10 years the low-maintenance products have improved substantially," says Czerwinski. "The selection out there is a lot bigger than it was. The problems and warranty claims have been going down drastically. The products, in my opinion, are a lot better."

THE CANADIAN PRESS



Low maintenance has become the biggest request from homeowners when it comes to decks, but experts say some maintenance will give the investment a longer life. MONIKAH WISEMAN/PARAMOUNT CUSTOM DECKS/THE CANADIAN PRESS

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A room of understated beauty plays on shape and texture

Low-key luxe. Balance a subtle palette of neutral colours with a mix of rich textures and unique shapes

An understated living room created by Los Angeles interior designer Betsy Burnham. GREY CRAWFORD/BURNHAM DESIGN/THE ASSOCIATED PRESS

Paint your walls a bold colour and friends will likely praise your creativity. Invest in a standout piece of furniture or striking work of art and your decorating is bound to earn compliments. But creating a noteworthy room with subtle, understated elegance is a bit more complicated.

Understated style "rides the fine line between too sparse and too cold," says designer Brian Patrick Flynn, creator of the FlynnsideOut design blog. "A lack of objects makes a room feel unfinished, and a lack of colour can also read of lifeless."

But finding the right, subtle balance can be worth it. Although bold decorating has been in the spotlight for a while, a more neutral room, if well-designed, "will never become tired," Flynn says.

"Every once in a while, it's nice to have a space that's just simple and clean," he says.

How do you design a room that's low-key and beautiful, not bland and boring?

Soften every surface

Without warm, vibrant colours, you can create warmth in understated rooms by filling them with soft, elegant materials that look and feel appealing.

"Think of a camel cashmere sweater," says designer Betsy Burnham of Burnham Design in Los Angeles. "It's the simplest thing in the world," but it's timelessly beautiful and feels great.

Materials like cashmere, silk and "breathable fabrics such as linen or cotton blends" bring a sense of warmth and comfort, Flynn agrees.

He also recommends wood surfaces softened by white-washing, smooth stone surfaces, and "broadloom carpet that adds texture and softness underfoot."

Use natural and artificial lighting for a soft glow. Sheer curtains can maximize daylight, while "in the evening, it's about lamps," says New York-based designer Jon Call of Mr. Call Designs. Place lamps to evenly spread light throughout the space, eliminating bright spots and dark shadows.

Flynn also recommends dimmers to control light precisely.

Compelling shapes

In a subtle room without busy patterns or bold colours, find other ways to create interest, Call says. One strategy is using objects with interesting or intricate shapes that draw attention to workmanship and creativity.

Burnham recently designed a bedroom with a large bed that featured beautiful wood carving, bringing some excitement to an otherwise subtle room. Flynn seeks out furniture with "interesting detail, such as fretwork or inlaid paneling."

Contrast and layer

Monochrome doesn't mean only one shade; mix a variety of tans, beiges and creams into a neutral room.

"I usually add several shades and tints of the same neutral tone throughout the space to give it depth," Flynn says.

Also use a variety of contrasting textures. Silk will maximize light, Call says, while materials like linen and cashmere absorb it. So use them together: Pair a linen sofa with silk pillows, for example, or a seagrass rug with a silk-covered chair.

"Think of what materials and shapes are missing, and then keep adding until they fit together like a puzzle," says Flynn. "The key to a well-balanced room is a mix of natural materials."

Eliminate what's not special

In a subtle but striking room, "everything you do use should mean something," Burnham says. "Either it's an interesting shape, or the finish is unusual or the fabric is so fine and special."

There are fewer items, but better ones. Your coffee table may be a neutral colour and simple material, she says, but "maybe it's a vintage coffee table that has this amazing provenance or patina."

Eliminate items that don't contribute much. If letting go of them is difficult, Burnham suggests this exercise: "For everything you bring in, you take two things away."

Flynn agrees: "Editing plays a huge role in understated rooms," he says. "In a dining room I did in Atlanta, I used all dove grey tones in the room, and every single element had highly sculptural qualities that made the play on shapes and texture the prominent story."

THE ASSOCIATED PRESS

Timeless appeal

"Every once in a while, it's nice to have a space that's just simple and clean."

Designer Brian Patrick Flynn

NBA

Raging Sterling says he'll never sell team

A raging Donald Sterling denounced his wife, her lawyers and the NBA from the witness stand Wednesday, saying he would never sell the Los Angeles Clippers and vowing a lifetime of lawsuits against the league.

"Make no mistake today," Sterling shouted toward the end of his second day of testimony in the trial to determine his wife's right to make a $2-billion deal to sell the Clippers, "I will never, ever sell this team and until I die I will be suing the NBA for this terrible violation under antitrust."

He was followed to the stand by wife Shelly, who tried to approach him in the front row of the courtroom after she was done for the day.

"Get away from me, you pig!" Sterling shouted.

THE ASSOCIATED PRESS

MLB

Pujols powers Angels past Jays

Albert Pujols hit a go-ahead, two-run homer in the seventh inning and Kole Calhoun also connected, leading the Los Angeles Angels to an 8-7 victory over the Toronto Blue Jays on Wednesday in the rubber match of the three-game series.

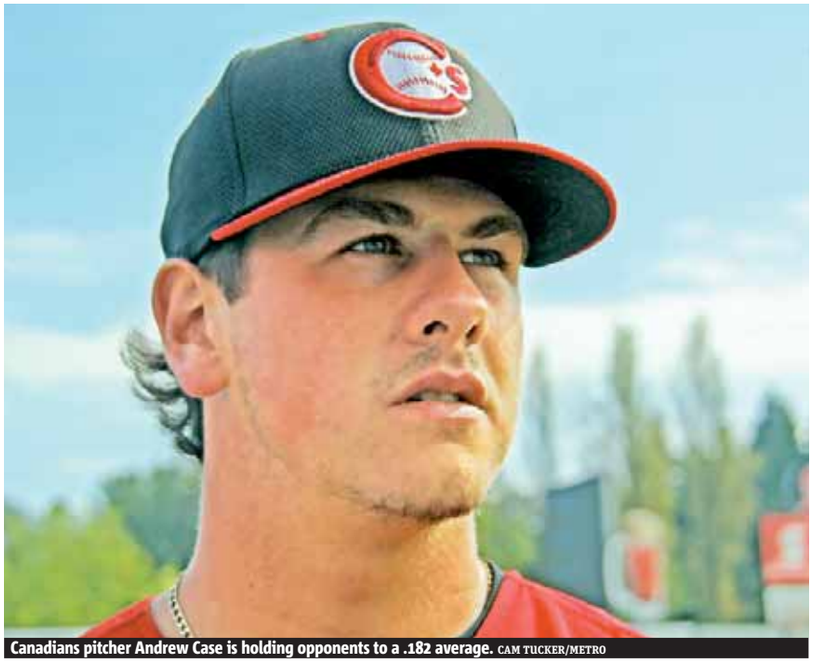
The Blue Jays took a 7-6 lead in the sixth on Dioner Navarro's two-out RBI single against Fernando Salas.

But Pujols responded with a drive that left the yard barely beyond the outstretched glove of Colby Rasmus. THE ASSOCIATED PRESS

Case thriving after hanging up skates

'I've made the right choice.' New Brunswick native opted to play baseball over hockey, now reaping rewards

CAM TUCKER
cam.tucker@metronews.ca



Canadians pitcher Andrew Case is holding opponents to a .182 average. CAM TUCKER/METRO

It goes against the Canadian stereotype that Andrew Case, a hockey player who grew up amid a curling background, chose baseball over those two winter staples.

Judging by the events of last September, the native of Saint John, N.B., made a wise decision. He officially signed with the Toronto Blue Jays — Canada's lone Major League Baseball club — following last year's inaugural Tournament 12, which involves the top college-eligible players in the country.

Pitching a no-hitter, like Case did in that competition, will certainly get the attention of big-league scouts.

Case now finds himself throwing for the Vancouver Canadians, the short-season Single-A affiliate of the Blue Jays in the Northwest League.

"Kind of changed my life around," said Case of his contract with the Jays prior to the start of the Canadians' season.

"I was going to hang my cleats up if nothing ever happened. I got lucky. I did well and got offered the contract."

Case joined the pro ranks from the Lethbridge College Prairie Baseball Academy. He grew up a Blue Jays fan and was born the same year Joe Carter hit the famous home run that won Toronto its second consecutive World Series in 1993.

There was eventually a decision to be made between hockey and baseball.

On the ice, Case said he made it to Midget A. But, with the advice of his father, he chose baseball.

"I think I've made the right choice," he said.

His numbers with the Prairie Baseball Academy, particularly his strikeouts-to-walks ratio, show he throws strikes. In miles per hour, his fastball registers in the low 90s, and he says he likes to work quickly on the mound.

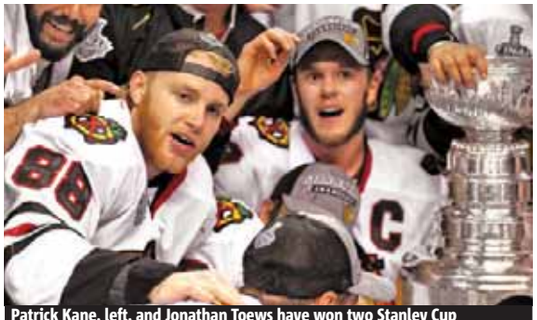
Since joining the Canadians, Case has been strong coming out of the bullpen. He's thrown 16-1/3 innings, but has allowed only three runs, and opponents are only hitting .182 off him.

Consistent with his time in the baseball academy, he's got more than double the number of strikeouts (12) to walks (five). In fact, since his second outing back on June 16, he's allowed just one base on balls in his last 12 innings.

Quoted

"I was going to hang my cleats up if nothing ever happened. I got lucky. I did well and got offered the contract." **Andrew Case** on playing well in front of scouts during Tournament 12.

Blackhawks lock up Kane and Toews



Patrick Kane, left, and Jonathan Toews have won two Stanley Cup championships together in Chicago. GETTY IMAGES FILE

This was a no-brainer from start to finish. Jonathan Toews and Patrick Kane wanted to stay in Chicago and the Blackhawks wanted to keep the high-scoring forwards in the only NHL uniform they have ever known.

All that was left was crunching the numbers on two of the biggest contracts in franchise history.

The Blackhawks announced Wednesday they had reached eight-year extensions with two of their top performers in a long run of success that includes Stanley Cup titles in 2010 and 2013. Toews and Kane led Chicago back to the Western Conference final this year, where it lost to the eventual champion Los Angeles Kings.

General manager Stan Bowman said all along that the extensions were his biggest off-season priority, and it didn't take very long to reach the agreements with Pat Brisson, who represents both players. Toews and Kane each have one year left on their five-year extensions from December 2009, and July 1 was the first day they could sign new deals.

"There's nothing we want more as players than to continue to win Stanley Cups for the best hockey fans on the planet," Toews said in a statement released by the team.

THE ASSOCIATED PRESS

Massive deals

$84M

Both contracts are worth $84 million for an average annual value of $10.5 million, according to a person familiar with the deals.

4 SPORTS

Argentina crushes Oranje hopes

World Cup final set.
La Albiceleste to take on Germany after winning semifinal match on penalty kicks

Semifinal

Argentina	Netherlands
0 (4)	0 (2)

The World Cup's second semifinal was supposed to put the silky skills of Lionel Messi and Arjen Robben in the spotlight. Instead, a goalkeeper and two rock-solid defences stole the show.

Argentina goalie Sergio Romero saved two penalties Wednesday to send Argentina into the World Cup final with a 4-2 shootout win over the Netherlands after tough defending and a lack of creative spark from either team consigned the match to a 0-0 stalemate.

In a twist of fate, Romero credited Netherlands coach Louis van Gaal with helping launch his career when he arrived as an inexperienced youngster at AZ Alkmaar in the Dutch league.

"I will be forever grateful to the coach for helping me out in a country that is so different from ours," Romero said.

A day after Germany lit up the World Cup with its clinical 7-1 destruction of host Brazil, the Dutch and Argentines could not manage a goal between them in 120 minutes before the shootout.

Messi, widely regarded as one of the greatest players of all time, will have to play far better in Sunday's final at Rio de Janeiro's Maracana Stadium if he is to engineer a win over the powerful German team. The Barcelona star was muted throughout the match and extra time, rarely managing to shake off his markers.

AUGMENTED REALITY

→ Scan the image with the Metro News app to view more images of Wednesday's semifinal.

→ See the full instructions on Metro's Voices page.

metro AR

At the Itaquerao Stadium, he was overshadowed by his goalkeeper and the man he replaced as Argentina captain, Javier Mascherano, who bossed the midfield for his team the way surprise starter Nigel de Jong did for the Dutch.

When Robben looked like deciding the match in stoppage time, Mascherano's perfectly timed sliding tackle blocked his shot at the near post.

Romero — thought to be a weak link for Argentina and not even a starter for his Monaco club most of last season — had almost nothing to do during the match, but blocked penalties by Ron Vlaar and Wesley Sneijder in the shootout. For Argentina, Messi, Ezequiel Garay, Sergio Aguero and Maxi Rodriguez all converted their spot kicks.

THE ASSOCIATED PRESS

Lionel Messi of Argentina celebrates defeating the Netherlands on Wednesday in Sao Paulo, Brazil. CLIVE ROSE/GETTY IMAGES

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AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Steer clear of others' feuds today because if you get involved, you will regret it over the weekend. There are rights and wrongs on both sides.

♉ Taurus
April 21 - May 21
You like things to be in their proper place but some people enjoy making a mess to annoy you. You know who they are. Stay out of their way today.

♊ Gemini
May 22 - June 21
Try not to come across as too assertive or aggressive. A lot over the next few days will depend on your ability to meet others halfway, especially in areas where money at stake.

♋ Cancer
June 22 - July 23
Some things happen whether we like it or not and the approaching full moon is sure to highlight that. Things could, of course, be worse, so smile.

♌ Leo
July 24 - Aug. 23
You love your freedom but you have responsibilities like everyone else and over the next few days you will have to do your duty. Social activities will have to take second place.

♍ Virgo
Aug. 24 - Sept. 23
There are times when you wonder if certain people are really on your side and it may tempt you to go it alone. But that is not a good idea. You are going to need allies.

♎ Libra
Sept. 24 - Oct. 23
Someone in a position of power likes you but if you take that as a sign that you can do as you please, you're sadly mistaken.

♏ Scorpio
Oct. 24 - Nov. 22
There is no point making a fuss today, not even if you can prove you have been hard done by. Sometimes we have to take what we're given and make the best of it. It's one of those times.

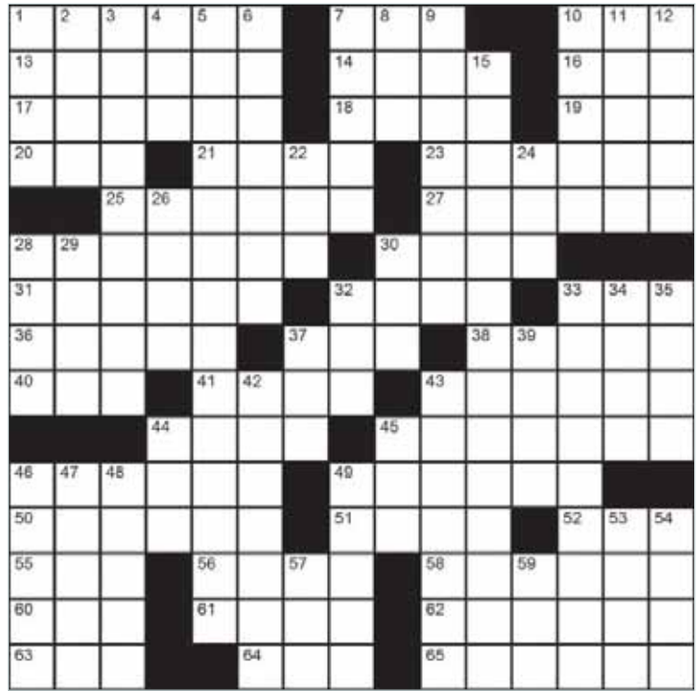
♐ Sagittarius
Nov. 23 - Dec. 21
This should be a lucky day but a lot will depend on common sense, especially where money is concerned. Put your interests first but be aware that your interests and others' are similar.

♑ Capricorn
Dec. 22 - Jan. 20
Although the approaching full moon is making you anxious everything will turn out right in the end. The so-called "bad" things that happen are challenges that help you grow.

♒ Aquarius
Jan. 21 - Feb. 19
Don't argue with people who clearly do not know what they are talking about. Over the next 24 hours, focus on your work, your family and your ambitions.

♓ Pisces
Feb. 20 - March 20
With the Sun and Jupiter moving through the most dynamic area of your chart there is precious little you can't do, but you'll do it better as part of a team.

Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Fare from Margaret Atwood and Mordecai Richler
7. Mr. Carrey
10. Undergarment, commonly
13. Make more money, get _ __
14. Some: 2 wds.
16. CD-__
17. "Stick to Your __" by Maestro Fresh Wes
18. Lettered-land 'til 1991
19. Classic range cooker company
20. Old English letter
21. Reclined
23. __ XM Canada Inc. (Satellite radio)
25. Feasible
27. Apple songs
28. Saliva
30. Blood carrier
31. "Let me check into that...": 2 wds.
32. Notify of risk
33. Boxing blow
36. Soup or __ (Restaurant option)
37. Mr. Aykroyd
38. Offenbach ballet, __ Parisienne
40. Sault __. Marie, ON
41. Emptiness
43. __ lava
44. Garish
45. Gives
46. Meteorite __ site
49. Tiny, cute-style
50. __ tunnel syndrome
51. Lion's share
52. Puny path
55. Iron __
56. Lightbulb locale
58. Doug and the Slugs hit: 2 wds.
60. Assembled
61. Armoured police team letters
62. Prevail
63. Bambi's aunt
64. Dodgy
65. 1980s President

Down
1. Give in
2. Desert's climate
3. Song by part-Canadian band The Lovin' Spoonful: "__ Cats"
4. Gladiator's 52
5. When all the music is stripped away from a track leaving only singing, that's known as what?: 2 wds.
6. Well-grounded, as a theory
7. Coldplay song ...en francais
8. Possibilities
9. Edmonton-born hockey great Mark
10. Cranium's content
11. Rapscallion
12. Collect
15. Prehistoric rock art site in Alberta, __-__-__ Provincial Park
22. Quebec: __ de Montreal
24. Campaign
26. "__ _ sign!"
28. k.d. lang and the __ Boom Bang
29. Dish of the day, __ du jour
30. Bran 3000 connector
32. Bundle of bills
33. Lively wartime dance style
34. To _ __ (Just right)
35. Mr. Mulroney's
37. Carried out
39. Jai's sporty friend
42. Felons
43. 2009 Lady Gaga album: 'The Fame __'
44. Swimmer's length
45. __ volente (God willing)
46. "_ __ in peace."
47. Edmonton-born singer/songwriter Ms. Ord
48. __-_-porter (Ready-to-wear)
49. Not full
53. Ms. Reid
54. Shangri-la
57. Seasickness, __ de mer
59. Harem room

Yesterday's Crossword

Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		3	1			7		
5	6			8	7			
8			5				6	
9				6				1
		4				3		
1				9				2
	8				3			5
			7	1			3	9
		9			2	1		

Yesterday's Sudoku

8	5	3	2	4	7	9	1	6
2	1	4	6	9	8	5	3	7
7	9	6	3	1	5	8	4	2
5	2	1	4	3	6	7	9	8
6	4	7	8	5	9	1	2	3
9	3	8	1	7	2	4	6	5
1	6	2	5	8	4	3	7	9
4	8	9	7	6	3	2	5	1
3	7	5	9	2	1	6	8	4

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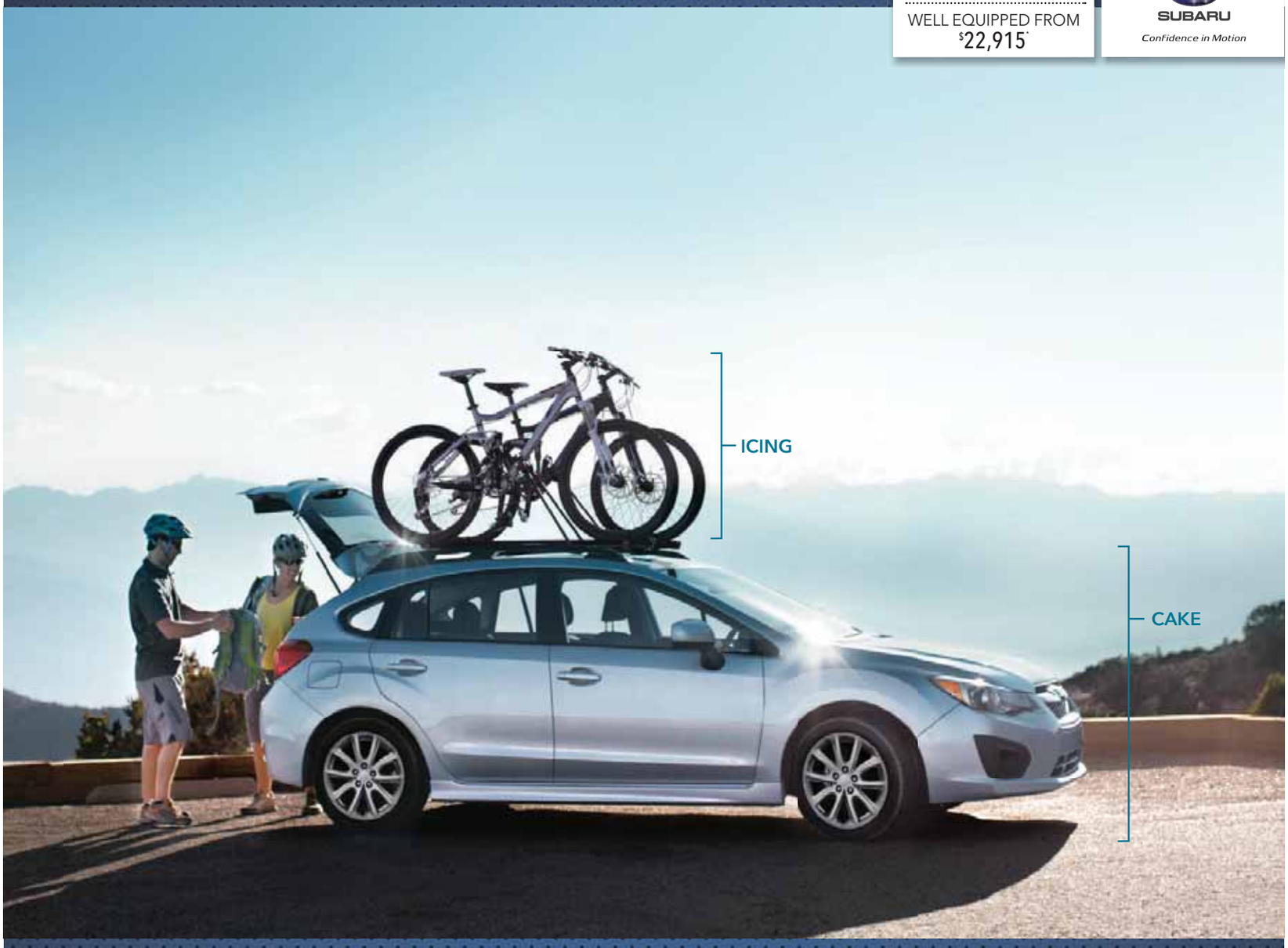

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